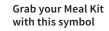


# Succulent Beef Rump & Caesar-Style Salad

with Herby Potatoes & Wholegrain Mustard

FAST & FANCY











Herb & Mushroom Seasoning



with Garlic Herb



Butter



Cucumber



Caesar Dressing



Parmesan Cheese



Wholegrain Mustard



Prep in: 15-25 mins Ready in: 20-30 mins



This fun, fresh and fast meal is nothing short of fancy. With succulent beef rump sprinkled with our new fave herb and mushroom seasoning and some stellar sides; caesar-style salad and garlic-herb potatoes, your mouth will be watering before the meal hits the plate.

**Pantry items** Olive Oil

### Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan

#### Ingredients

g. •••			
	2 People	4 People	
olive oil*	refer to method	refer to method	
beef rump	1 small packet	2 small packets OR 1 large packet	
herb & mushroom seasoning	1 sachet	2 sachets	
roasted potatoes with garlic herb butter	1 medium packet	1 large packet	
baby cos lettuce	1 head	2 heads	
cucumber	1	2	
caesar dressing	1 packet	2 packets	
Parmesan cheese	1 medium packet	1 large packet	
wholegrain mustard	1 packet	2 packets	

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2327kJ (556Cal)	529kJ (126Cal)
Protein (g)	41.8g	9.5g
Fat, total (g)	30.1g	6.8g
- saturated (g)	8.4g	1.9g
Carbohydrate (g)	26.8g	6.1g
- sugars (g)	5.6g	1.3g
Sodium (mg)	1844mg	419mg
Dietary Fibre (g)	10.6g	2g

The quantities provided above are averages only.

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Cook the beef

- See Top Steak Tips! (below). Place beef rump between two sheets of baking paper.
- Pound **beef** with a meat mallet or rolling pin until slightly flattened. Sprinkle evenly with herb & mushroom seasoning.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

TIP: If your beef rump is more than 3cm thick, cut in half horizontally before pounding for a shorter cook time.



#### Make the salad

- In a large bowl, combine cucumber, cos lettuce and caesar dressing.
- · Toss to coat and season to taste.



# Heat the potatoes and get prepped

- Prick a few holes in roasted potatoes with garlic herb butter container. Microwave **potatoes** until soft and steaming, **4-5 mins**.
- Meanwhile, roughly chop baby cos lettuce.
- Thinly slice **cucumber** into rounds.



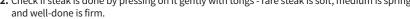
### Serve up

- · Slice beef.
- Divide herby potatoes, caesar-style salad and seared beef between plates.
- Sprinkle Parmesan cheese over salad. Serve with a dollop of wholegrain mustard. Enjoy!

- 1. Use paper towel to pat steak dry before seasoning.
- 2. Check if steak is done by pressing on it gently with tongs rare steak is soft, medium is springy







3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

Scan here if you have any questions or concerns