



Greek-Style Beef Rump & Supergreen Salad

with Oregano Potatoes & Garlic Sauce

MEDITERRANEAN

Grab your Meal Kit with this symbol



Potato



Dried Oregano



Red Onion



Snacking Tomatoes



Cucumber



Beef Rump



Garlic & Herb Seasoning



Kale & Spinach



Garlic Sauce



Beef Rump

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

A warm bed of golden potatoes lay the base for a steak of joyous proportions. Teamed with crisp veggies and pickled onion, it's a delectable meal the whole family will love.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
dried oregano	1 medium sachet	2 medium sachets
red onion	½	1
white wine vinegar*	¼ cup	½ cup
snacking tomatoes	1 medium packet	2 medium packets
cucumber	1	2
beef rump	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 sachet	2 sachets
kale & spinach	1 medium packet	1 large packet
garlic sauce	1 medium packet	2 medium packets
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1398kJ (334Cal)	226kJ (54Cal)
Protein (g)	38.2g	6.2g
Fat, total (g)	4.5g	0.7g
- saturated (g)	1.6g	0.3g
Carbohydrate (g)	31.8g	5.1g
- sugars (g)	8.6g	1.4g
Sodium (mg)	509mg	82mg
Dietary Fibre (g)	9.9g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2073kJ (495Cal)	270kJ (65Cal)
Protein (g)	68.8g	9g
Fat, total (g)	8.7g	1.1g
- saturated (g)	3.1g	0.4g
Carbohydrate (g)	31.8g	4.1g
- sugars (g)	8.6g	1.1g
Sodium (mg)	584mg	76mg
Dietary Fibre (g)	9.9g	1.2g

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.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the oregano potatoes

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Spread **potatoes** over a large microwave-safe plate. Cover with a damp paper towel. Microwave **potatoes** on high, **3 minutes**.
- Drain any excess liquid, then place **potatoes** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **dried oregano**, season with **salt** and toss to coat.
- Spread out evenly, then roast until golden and tender, **10-15 minutes**.

3



Cook the steak

- See '**Top Steak Tips**' (below). In a medium bowl, combine **beef rump**, **garlic & herb seasoning** and a drizzle of **olive oil**. Season.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **beef rump**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking. Remove from heat.

Custom Recipe: If you've doubled your beef rump, cook beef in batches for the best results.

Top Steak Tips!

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 and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.

2



Pickle onion & prep

- Meanwhile, thinly slice **red onion** (see ingredients).
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch sliced **onion** in your hands, then add it to the **pickling liquid**. Add enough water to just cover **onion**. Set aside.
- Halve **snacking tomatoes**. Roughly chop **cucumber**.

4



Toss the salad & serve up

- In a medium bowl, combine tomato, cucumber, **kale & spinach**, a drizzle of olive oil and a splash of pickling liquid. Season.
- Drain pickled onion.
- Slice beef rump.
- Divide oregano potatoes, Greek-style beef and supergreen salad between plates. Top with pickled onion and **garlic sauce** to serve. Enjoy!

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