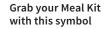


Greek-Style Beef Rump & Supergreen Salad with Oregano Potatoes & Garlic Sauce

MEDITERRANEAN









Potato



Dried Oregano



Red Onion







Beef Rump

Cucumber



Garlic & Herb Seasoning



Garlic Sauce



Kale & Spinach

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



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 \cdot Large frying pan

Ingredients

9				
	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	1/2	1		
white wine vinegar*	1/4 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
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	9.9g	1.2g

The quantities provided above are averages only.

Allergens

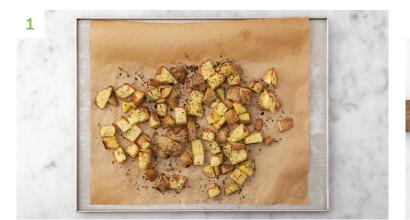
Always read product labels for the most up-to-date allergen information.

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





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**.



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.

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**.



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!

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.

Rate your recipe

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