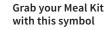


Seared Beef Rump & Carrot-Potato Smash

with Spinach-Rocket Salad & Gravy

KID FRIENDLY









Chopped Potato



Beef Rump



Nan's Special









Spinach, Rocket

& Fennel Mix

Snacking Tomatoes



Gravy Granules





Prep in: 15-25 mins Ready in: 30-40 mins

Carb Smart* *Custom recipe is not Carb Smart This seared steak and cheat's gravy goes perfectly with the vibrant veggie mash and crisp tomato salad. The carrot in the mash keeps the carbs down, and adds a subtle sweet and earthy flavour.

Olive Oil, Butter, Milk, Vinegar (White Wine or Balsamic)

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

Medium saucepan with a lid · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
chopped potato	1 medium packet	1 large packet		
butter*	40g	80g		
milk*	2 tbs	¼ cup		
beef rump	1 small packet	2 small packets OR 1 large packet		
Nan's special seasoning	1 medium sachet	1 large sachet		
snacking tomatoes	1 packet	2 packets		
spinach, rocket & fennel mix	1 small packet	1 medium packet		
vinegar* (white wine or balsamic)	drizzle	drizzle		
gravy granules	1 medium sachet	1 large sachet		
boiling water*	½ cup	1 cup		
beef rump**	1 small packet	2 small packets OR 1 large packet		
tomatoes spinach, rocket & fennel mix vinegar* (white wine or balsamic) gravy granules boiling water*	1 small packet drizzle 1 medium sachet ½ cup	1 medium packed drizzle 1 large sachet 1 cup 2 small packets		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2110kJ (504Cal)	386kJ (92Cal)
Protein (g)	37.6g	6.9g
Fat, total (g)	21.4g	3.9g
- saturated (g)	12.5g	2.3g
Carbohydrate (g)	38g	7g
- sugars (g)	8.5g	1.6g
Sodium (mg)	813mg	149mg
Dietary Fibre (g)	6.3g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2785kJ (665Cal)	400kJ (95Cal)
Protein (g)	68.2g	9.8g
Fat, total (g)	25.6g	3.7g
- saturated (g)	14g	2g
Carbohydrate (g)	38g	5.5g
- sugars (g)	8.5g	1.2g
Sodium (mg)	879mg	126mg

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





Make the potato-carrot smash

- Bring a medium saucepan of salted water to the boil.
- Peel and cut carrot into large chunks.
- Cook **chopped potato** and **carrot** in the boiling water, until easily pierced with a fork, 10-15 minutes.
- Drain and return to saucepan.
- · Add the butter, milk and a generous pinch of salt. Lightly mash, then cover to keep warm.



Make the salad & make the gravu

- While steak is resting, boil kettle. Halve snacking tomatoes.
- In a large bowl, combine spinach, rocket & fennel mix, tomatoes, a drizzle of the vinegar and a drizzle of olive oil. Toss to combine.
- In a second medium bowl, combine gravy granules and the boiling water (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.

Serve up

- Slice beef rump steak.
- Divide steak, carrot-potato smash and tomato garden salad between plates.
- Spoon gravy over steak and carrot-potato smash to serve. Enjoy!

Cook the steak

- See 'Top Steak Tips!' (below). Meanwhile, place beef rump between two sheets of baking paper. Pound with a rolling pin until slightly flattened (this ensures your steak is nice and tender). Season with **salt** and **pepper**.
- In a medium bowl, combine Nan's special seasoning and a drizzle of olive oil. Add beef, turning to coat.
- 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 (it will keep cooking it rests!).

Custom Recipe: If you've doubled your beef rump, cook rump steak 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.



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