HELLO FRESH

Classic Seared Beef Rump & Horseradish Sauce
with Mash & Fetta Walnut Salad

NEW

Potato

Beef Rump

Aussie Spice Blend

Cucumber

Tomato

Mixed Salad Leaves

Fetta Cubes

Walnuts

Horseradish Sauce

Beef Rump

Prep in: 10-20 mins
Ready in: 20-30 mins

Dig into this delightful meal featuring tender beef rump sprinkled with our classic Aussie spice blend, buttery smooth mash and a refreshingly crunchy salad. Don't forget a slathering of horseradish sauce to tie everything together!

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

Pantry items

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

Y

You will need
Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
potato	2	4
*butter**	40g	80g
*milk**	2 tbs	¼ cup
beef rump	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
cucumber	1	2
tomato	1	2
*honey**	1 tsp	2 tsp
*vinegar** *(white wine or balsamic)*	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
fetta cubes	1 medium packet	1 large packet
walnuts	1 medium packet	1 large packet
horseradish sauce	1 medium packet	1 large packet
beef rump**	1 medium packet	2 medium packets OR 1 large packet

***Pantry Items** ****Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2767kJ (661Cal)	479kJ (114Cal)
Protein (g)	41.8g	7.2g
Fat, total (g)	40g	6.9g
- saturated (g)	15.5g	2.7g
Carbohydrate (g)	32.3g	5.6g
- sugars (g)	12.2g	2.1g
Sodium (mg)	977mg	169mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3442kJ (823Cal)	473kJ (113Cal)
Protein (g)	72.4g	9.9g
Fat, total (g)	44.2g	6.1g
- saturated (g)	17g	2.3g
Carbohydrate (g)	32.3g	4.4g
- sugars (g)	12.2g	1.7g
Sodium (mg)	1043mg	143mg

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

2024 | CW13

Make the mash
- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel and cut **potato** into large chunks.
- Cook **potato** in the boiling water over high heat until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to potato and season generously with **salt**. Mash until smooth. Cover to keep warm.

TIP: *Save time and get more fibre by leaving the potato unpeeled.*

Cook the beef
- *See 'Top Steak Tips!' (bottom).* Meanwhile, place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- 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.
- In the **last minute** of cook time, sprinkle over **Aussie spice blend**, turning **beef** to coat. Transfer to a plate to rest.

Custom Recipe: If you've doubled your beef rump, prep as above and cook in batches for best results.

Toss the salad
- While beef is cooking, thinly slice **cucumber** into rounds.
- Thinly slice **tomato** into wedges.
- In a medium bowl, combine the **honey**, a drizzle of **vinegar** and **olive oil**. Season.
- Add **cucumber**, **tomato**, **mixed salad leaves** and crumble in **fetta cubes**. Toss to combine.

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 10 minutes before slicing.

Serve up
- Slice beef.
- Divide classic seared beef, mash and fetta salad between plates.
- Top salad with **walnuts**. Serve with **horseradish sauce**. Enjoy!

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