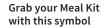


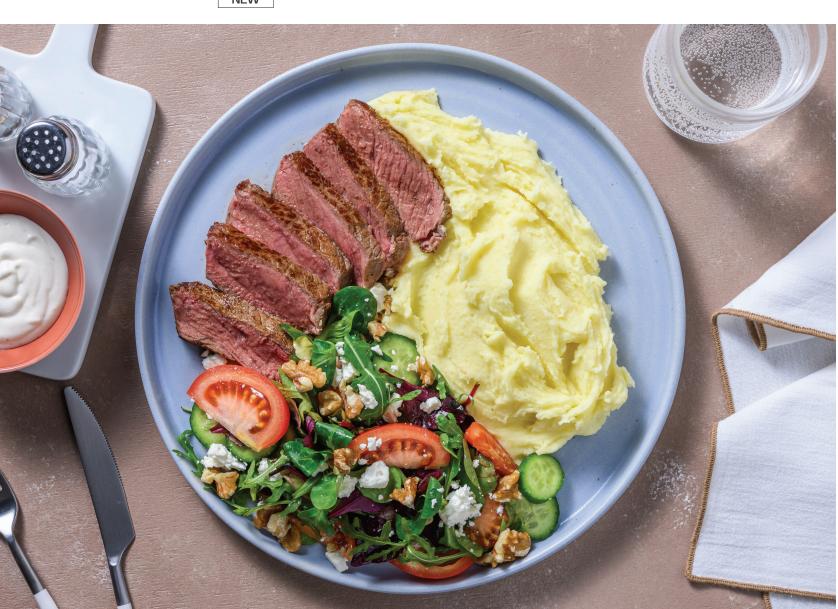
Classic Seared Beef Rump & Horseradish Sauce

with Mash & Fetta Walnut Salad

NEW















Aussie Spice



Cucumber





Mixed Salad





Fetta Cubes



Horseradish Sauce



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!

Olive Oil, Butter, Milk, Honey, 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

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	½ 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





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.



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.
- 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.



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.



Serve up

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

Rate your recipe

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Let our culinary team know: hellofresh.com.au/rate