



# Balsamic-Glazed Beef Rump & Creamy Potato Salad with Rainbow Slaw

NEW

KID FRIENDLY

DIETITIAN APPROVED\*

Grab your Meal Kit with this symbol



Potato



Tartare Sauce



Beef Rump



Aussie Spice Blend



Apple



Slaw Mix

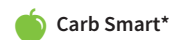


Baby Spinach Leaves



Beef Rump

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



*\*Custom Recipe is not Carb Smart or Dietitian Approved*

Tender beef rump accompanied by a rich and glossy home-made balsamic vinegar drizzle, teams perfectly with potato chunks smothered in a rich tartare sauce, along with a bright and crunchy slaw.

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

### Pantry items

Olive Oil, Butter, Balsamic Vinegar, Brown Sugar, 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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
tartare sauce	1 medium packet	2 medium packets
beef rump	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
<b>butter*</b>	20g	40g
<b>balsamic vinegar*</b>	2½ tbs	½ cup
<b>brown sugar*</b>	2 tsp	4 tsp
apple	1	2
slaw mix	1 small packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
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)	2398kJ (573Cal)	442kJ (106Cal)
Protein (g)	37.6g	6.9g
Fat, total (g)	28.7g	5.3g
- saturated (g)	8.2g	1.5g
Carbohydrate (g)	38.7g	7.1g
- sugars (g)	18.9g	3.5g
Sodium (mg)	707mg	130mg
Dietary Fibre (g)	10.5g	1.9g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3073kJ (734Cal)	444kJ (106Cal)
Protein (g)	68.2g	9.8g
Fat, total (g)	32.9g	4.8g
- saturated (g)	9.7g	1.4g
Carbohydrate (g)	38.7g	5.6g
- sugars (g)	18.9g	2.7g
Sodium (mg)	773mg	112mg

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](https://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



## Cook the potato

- Boil the kettle.
- Cut **potato** into bite-sized chunks.
- Half-fill a medium saucepan with the boiling water, season with **salt** and bring to the boil. Cook **potato** in boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return **potato** to the pan.
- Allow to cool slightly, then add **tartare sauce** and toss to combine. Season to taste.

**Little cooks:** Help stir the tartare sauce through the potato! Careful, it's hot!

3



## Make the slaw

- Return frying pan to medium heat with the **butter**, **balsamic vinegar**, **brown sugar** and a splash of **water**. Simmer, stirring, until reduced, **1-2 minutes**. Set aside.
- Thinly slice **apple** into sticks. In a large bowl, combine **apple**, **slaw mix**, **baby spinach leaves** and a drizzle of **white wine vinegar** and **olive oil**.

### 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



## Cook the beef

- **See Top Steak Tips (below)**. Meanwhile, place **beef rump** between two sheets of baking paper. Pound **beef** with a rolling pin until slightly flattened.
- In a medium bowl, combine **beef**, **Aussie spice blend** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

**Custom Recipe:** If you've doubled your beef rump, prepare beef as above. Cook beef in batches for best results.

4



## Serve up

- Season rainbow slaw to taste.
- Slice beef rump.
- Divide beef rump, creamy potato salad and rainbow slaw between plates. Top steak with balsamic glaze to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)