

Beef Rump & Rocket-Tomato Salad with Parmesan Mashed Potato & Garlic Butter

HELLOHERO

KID FRIENDLY







Parmesan Cheese









Beef Rump

Dijon Mustard



Spinach, Rocket & Fennel Mix





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

Carb Smart



With its perfect proportions and superstar ingredients, your average steak, salad and mash, has levelled up! In this number, Dijon mustard is laced through creamy mashed potatoes, while the salad welcomes tomato wedges and spinach, rocket and fennel into the mix. And what is steak without a dollop of garlic butter, we couldn't not!



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

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
butter*	60g	120g	
milk*	2 tbs	1/4 cup	
Parmesan cheese	1 medium packet	1 large packet	
garlic	3 cloves	6 cloves	
tomato	1	2	
beef rump	1 medium packet	2 medium packets OR 1 large packet	
honey*	½ tsp	1 tsp	
Dijon mustard	1 packet	2 packets	
vinegar* (white wine or balsamic)	drizzle	drizzle	
spinach, rocket & fennel mix	1 medium packet	2 medium packets	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2605kJ (623cal)	340kJ (81cal)
Protein (g)	41.9g	5.5g
Fat, total (g)	38.2g	5g
- saturated (g)	21.3g	2.8g
Carbohydrate (g)	26.9g	3.5g
- sugars (g)	8g	1g
Sodium (mg)	473mg	61.7mg
Dietary Fibre (g)	6.1g	0.8g

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.

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.



Cook the potato

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of salt.
- · Peel potato and cut 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 pan.
- Add half the butter, milk and Parmesan cheese to potato. Mash until smooth. Cover to keep warm.



Cook the beef

- See 'Top Steak Tips!' (left). Season beef rump with salt and pepper.
- Return frying pan to high heat with a drizzle of olive oil.
- When oil is hot, cook **beef**, turning, for **4-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

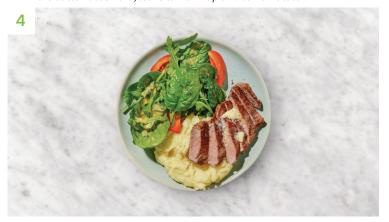
TIP: If your beef rump is more than 4cm thick, cut in half horizontally before seasoning.



Get prepped

- · Meanwhile, finely chop garlic. Slice tomato into wedges.
- In a small bowl, place the remaining **butter** and allow to come to room
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook the garlic until fragrant, 1 minute.
- Transfer to bowl with the softened butter. Mash to combine, then set aside.

TIP: If the butter is too hard, leave to warm up and combine later!



Toss the salad & serve up

- In a large bowl, combine the honey and Dijon mustard with a drizzle of vinegar and olive oil. Add tomatoes and spinach, rocket & fennel mix. Toss to combine. Season to taste.
- · Slice steak.
- Divide beef rump, Parmesan mashed potato and rocket-tomato salad between plates.
- Dollop a spoonful of garlic butter over steak to serve. Enjoy!







