



Beef Rump Steak & Twice-Cooked Potatoes

with Braised Leek & Steamed Veggies

SKILL UP

NEW

Grab your meal kit with this number

42



Potato



Garlic



Brussels Sprouts



Carrot



Leek



Beef Rump



Mayonnaise



Chicken Breast



Beef Rump

Prep in: 25-35 mins
Ready in: 45-55 mins

Protein Rich

Carb Smart

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. Channelling our British friends, we'll be twice-cooking the potato chunks for an elevated side that is a real textural treat. When paired with braised leek and seared beef, dinner time gets the tick of approval from us!

Pantry items

Olive Oil, Butter, Balsamic Vinegar

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 · Oven tray lined with baking paper · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
Brussels sprouts	1 packet	2 packets
carrot	1	2
leek	1	2
beef rump	1 medium packet	2 medium packets OR 1 large packet
water*	¼ cup	½ cup
salt*	¼ tsp	½ tsp
butter*	20g	40g
balsamic vinegar*	1 tsp	2 tsp
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2039kJ (487cal)	222kJ (53cal)
Protein (g)	38.2g	4.2g
Fat, total (g)	23.1g	2.5g
- saturated (g)	7.7g	0.8g
Carbohydrate (g)	30.9g	3.4g
- sugars (g)	11.5g	1.3g
Sodium (mg)	689mg	75.1mg
Dietary Fibre (g)	8.9g	1g

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!

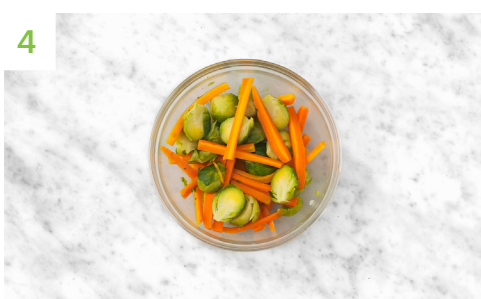
1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle. Cut **potato** into bite-sized chunks.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**. Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**.
- Meanwhile, finely chop **garlic**. Halve **Brussels sprouts**. Thinly slice **carrot** into sticks. Slice **leek** into 1cm thick rounds.
- Season **beef rump** with salt and pepper.

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



Cook the veggies

- While the beef is cooking, add **Brussels sprouts, carrot** and a splash of water to a microwave-safe bowl, then cover with a damp paper towel.
- Microwave **veggies** on high until just tender, **2-4 minutes**.
- Drain **veggies**, then return to the bowl, season and cover to keep warm.



Roast the potato

- Drain the **potatoes** well then transfer to a lined oven tray.
- Season generously with **salt** and **pepper**, drizzle with **olive oil** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: Tossing and roughing the edges helps the potatoes get crisp edges while roasting!



Braise the leek

- While the beef is resting, wipe out frying pan then return to high heat with a drizzle of **olive oil**.
- Cook **leek**, until slightly charred, **1-2 minutes** each side. Add **garlic** and cook until fragrant, **1 minute**.
- Reduce heat to medium, then add the **water, salt, butter** and **balsamic vinegar**, stirring to combine.
- Cover with a lid (or foil), then simmer until liquid has slightly thickened, **2-3 minutes**.



Cook the beef

- **See 'Top Steak Tips' (below left)**. Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- 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.



Serve up

- Slice steak.
- Divide beef rump steak, twice-cooked potatoes, and steamed veggies between plates.
- Top rump steak with braised leek and any remaining pan sauce.
- Serve with **mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Cook until browned, 3-6 minutes each side.



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

