

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

HELLOHERO **KID FRIENDLY**





Parmesan Cheese

Tomato

Dijon Mustard





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

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

Protein Rich

Carb Smart

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

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

 ${\sf Medium\ saucepan} \cdot {\sf Large\ frying\ pan}$

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	60g	120g
milk*	2 tbs	¼ 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 mix	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2600kJ (622cal)	339kJ (81cal)
Protein (g)	42g	5.5g
Fat, total (g)	38.2g	5g
- saturated (g)	21.3g	2.8g
Carbohydrate (g)	26.5g	3.5g
- sugars (g)	7.7g	1g
Sodium (mg)	481mg	62.8mg
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 10 minutes before slicing.

We're here to help! Scan here if you have any questions or concerns 2024 | CW37



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

CUSTOM

OPTIONS

- See Top Steak Tips (left). Season beef rump with salt and pepper.
- Return frying pan to high heat with a drizzle of **olive oil**.

DOUBLE BEEF RUMP

batches if necessary.

Follow method above, cooking in

• 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.

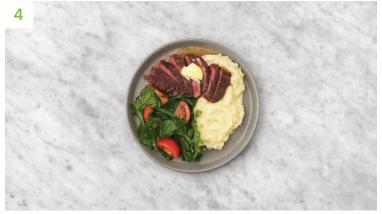
TIP: If your beef rump is more than 4cm thick, cut in half horizontally before seasoning.



Get prepped

- Meanwhile, finely chop garlic. Slice tomato into wedges.
- In a small bowl, place the remaining **butter** and allow to come to room temperature.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook half 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 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!

SWAP TO SALMON

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Cook over high heat with a drizzle of olive oil, skin-side down first, until just cooked through, 2-4 minutes each side.

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

