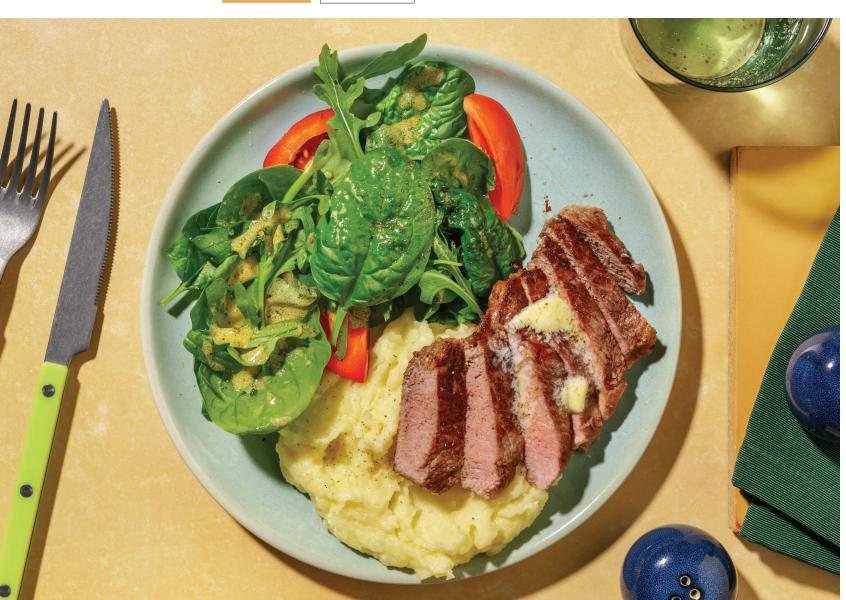


Beef Rump & Rocket-Tomato Salad with Parmesan Mashed Potato & Garlic Butter

HELLOHERO

KID FRIENDLY



Grab your meal kit with this number





Potato

Parmesan Cheese









Beef Rump

Dijon Mustard







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



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!



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

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

Ingredients

	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 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.
- 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 the **beef**, turning, for **5-9 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



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 the garlic until fragrant, 1 minute.
- Transfer to bowl with the **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 with salt and pepper.
- · 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!







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.

