

Beef Rump & Rocket-Tomato Salad

with Parmesan Mashed Potato & Garlic Butter

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

25



Potato



Parmesan Cheese



Garlic



Tomato



Beef Rump



Dijon Mustard



Spinach & Rocket Mix



Beef Rump



Salmon

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, Dijon mustard 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!

Pantry items

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

	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)	2607kJ (623cal)	340kJ (81cal)
Protein (g)	41.3g	5.4g
Fat, total (g)	38.6g	5g
- saturated (g)	21.6g	2.8g
Carbohydrate (g)	26.3g	3.4g
- sugars (g)	7.6g	1g
Sodium (mg)	444mg	58mg
Dietary Fibre (g)	6.2g	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. Remove steak from fridge 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
4. 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 **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 **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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



SWAP TO SALMON

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.

