



Seared Rump Steak with Potatoes & Béarnaise

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 1992kJ (476Cal) | Protein 35g | Fat, total 26.4g - saturated 4.6g | Carbohydrate 21.9g - sugars 3.5g | Sodium 632mg
Naturally gluten-free (not suitable for coeliacs) | **Calorie Smart**

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2021 | WK04 | V

Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



Large Frying Pan

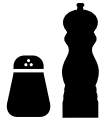


Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Beef Rump	1 pkt	1 pkt
Roasted Potatoes with Garlic Herb Butter	1 medium pkt	1 large pkt
Béarnaise Sauce	1 pkt (50g)	1 pkt (100g)

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Sizzle



Beef Rump

2. Toss



Baby Broccoli



Lemon



Baby Spinach Leaves

3. Zap



Roasted Potatoes with Garlic Herb Butter



Béarnaise Sauce

- Heat **olive oil** in a frying pan over high heat
- Season **beef** and cook for **2-3 mins** on each side, or until cooked to your liking
- Transfer to a plate to rest

- Trim ends of **baby broccoli**. Cut **lemon** into wedges
- Return pan to medium-high heat with **oil**
- Add **baby broccoli** with a dash of **water** and cook, tossing, until tender, **5-6 mins**
- Add **spinach** and a squeeze of **lemon juice** and toss until wilted, **1 min**
- Season to taste

- Meanwhile, prick a few holes in **potato** container
- Microwave **potatoes** until hot and steaming, **3 mins**
- Slice **steak**
- Plate up **steak, potatoes** and **greens**
- Serve with **béarnaise**

