



Seared Rump Steak with Potatoes & Mexican Salad

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2177kJ (520Cal) | Protein 38.4g | Fat, total 23.4g - saturated 4.4g | Carbohydrate 32.7g - sugars 14g | Sodium 831mg
Naturally gluten-free (not suitable for coeliacs) | **Calorie Smart**

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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 pkt	2 pkts
Mojo Rojo Dressing	1 pkt	2 pkts

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.

1. Sizzle



Capsicum



Red Onion



Beef Rump

2. Zap



Roasted Potatoes with Garlic Herb Butter



Lemon

3. Toss



Mixed Salad Leaves



Mojo Rojo Dressing

- Slice **capsicum** and chop **onion**. Season **beef**
- Heat **olive oil** in frying pan over high heat
- Cook **veggies** for **1 min**, then push to side of pan
- Add **beef** and cook for **2-3 mins** on each side, or until cooked to your liking
- Transfer to a plate to rest

- Meanwhile, prick a few holes in **potato** container
- Microwave **potatoes** until soft and steaming, **4-5 mins**
- Cut **lemon** into wedges

- In a bowl, combine **veggies**, **salad leaves** and a good squeeze of **lemon juice**
- Drizzle with **oil**, season to taste and toss
- Slice **steak**
- Serve **steak** with **salad**, **potatoes**, **lemon wedges** and **mojo rojo dressing**



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.