



Sticky Beef Rump with Garlic Butter Potatoes & Mustard Mayo Slaw

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2445kJ (584Cal) | Protein 37.5g | Fat, total 28.5g - saturated 5.8g | Carbohydrate 38.4g - sugars 18.2g | Sodium 1078mg | Dietary Fibre 9.3g
Naturally gluten-free (Not suitable for coeliacs) | **Carb Smart**

We're here to help! Scan here
2022 | WK37 | AL



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 small pkt	1 large pkt
Sticky Meat Glaze	1 medium pkt	1 large pkt
Roasted Potatoes With Garlic Herb Butter	1 medium pkt	1 large pkt
Slaw Mix	1 small bag	1 large bag
Mustard Mayo	1 medium pkt	1 large pkt

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



Beef Rump



Sticky Meat Glaze

2. Zap



Roasted Potatoes With Garlic Herb Butter

3. Toss



Pear



Slaw Mix



Mustard Mayo



Flaked Almonds

- Place **beef** between two sheets of baking paper. Pound with a rolling pin until slightly flattened (this ensures it's extra tender)
- Heat frying pan over high heat with **olive oil**. When oil is hot, cook the **beef**, turning, for **3-6 mins** (depending on thickness), or until cooked to your liking
- In the **last min**, add **meat glaze**, turning **beef** to coat. Transfer to a plate

- Prick a few holes in **potato** container
- Microwave **potatoes** until hot and steaming, **4-5 mins**

- Slice **pear**
- In a bowl, combine **pear**, **slaw** and **mustard mayo**. Season to taste
- Plate up **beef**, **potatoes** and **slaw**. Spoon **glaze** from pan over **beef**. Sprinkle with **flaked almonds** to serve

