



Seared Honey-Butter Steak & Fries

with Chargrilled Capsicum Relish & Apple Slaw

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Apple



Beef Rump



Aussie Spice Blend



Shredded Cabbage Mix



Chargrilled Capsicum Relish



Mayonnaise



Chicken Breast

Prep in: 15-25 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me Early*
*Custom Recipe only

If you need a way to bring a bit of interest and love to back to dinner, then we have a solution! Tender and spiced beef rump may sound like the ticket to revamping your tastebuds' excitement, but the real trick is the chargrilled capsicum relish. It adds the colour and flavour we know you've been craving.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items
Olive Oil, Butter, Honey, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
apple	1	2
beef rump	1 packet	1 packet (or 2 packets)
Aussie spice blend	1 medium sachet	1 large sachet
butter*	15g	30g
honey*	1 tsp	2 tsp
shredded cabbage mix	1 bag (150g)	1 bag (300g)
vinegar* (white wine or rice wine)	drizzle	drizzle
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)
mayonnaise	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2712kJ (648Cal)	501kJ (120Cal)
Protein (g)	39.9g	7.4g
Fat, total (g)	32.6g	6g
- saturated (g)	11.8g	2.2g
Carbohydrate (g)	47.9g	8.8g
- sugars (g)	24.1g	4.4g
Sodium (mg)	990mg	183mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2574kJ (615Cal)	466kJ (111Cal)
Protein (g)	40.5g	7.3g
Fat, total (g)	28.6g	5.2g
- saturated (g)	8.1g	1.5g
Carbohydrate (g)	48.7g	8.8g
- sugars (g)	24.2g	4.4g
Sodium (mg)	1016mg	184mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

Little cooks: Kids can help toss the fries!

3



Cook the steak

- When veggies have **10 minutes** remaining, heat a large frying pan over high heat with the **butter** and a drizzle of **olive oil**. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking.
- Remove pan from heat, then add the **honey** and turn **beef** to coat. Transfer to a plate to rest.

Custom Recipe: Heat frying pan over medium-high heat with a drizzle of olive oil. Cook chicken until cooked through, 3-5 minutes each side. Remove pan from heat, then add honey and turn chicken to coat.

2



Get prepped

- Meanwhile, thinly slice **apple** into sticks.
- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **beef** and turn to coat.

TIP: Pounding the beef ensures that it's extra tender once cooked.

Custom Recipe: If you swapped to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Flavour the chicken in the same way as above.

4



Serve up

- Meanwhile, combine apple, **shredded cabbage mix** and a drizzle of **vinegar** and olive oil in a large bowl. Season with salt and pepper.
- Slice honey-butter steak.
- Divide steak, fries and apple slaw between plates.
- Top with **chargrilled capsicum relish**. Serve with **mayonnaise**. Enjoy!

Little cooks: Add the finishing touch by drizzling over the relish!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate