



Beef Rump & Peppercorn Hollandaise Sauce

with Fries & Tomato Salad

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Tomato



Garlic



Black Peppercorns



Beef Rump



Hollandaise



Mixed Salad Leaves

Prep in: 25-35 mins
Ready in: 30-40 mins

Carb Smart

Peppercorns meets hollandaise, a wonder duo sauce swooping in to transform this beef steak dinner into something new. Serve up with a side of fries to catch any leftover sauce.

Pantry items

Olive Oil, Balsamic Vinegar

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 |
| tomato | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| black peppercorns | ½ sachet | 1 sachet |
| beef rump | 1 small packet | 2 small packets OR 1 large packet |
| hollandaise | 1 packet | 2 packets |
| mixed salad leaves | 1 small bag | 1 medium bag |
| balsamic vinegar* | drizzle | drizzle |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 1871kJ (447Cal) | 415kJ (99Cal) |
| Protein (g) | 37.4g | 8.3g |
| Fat, total (g) | 17.5g | 3.9g |
| - saturated (g) | 5.2g | 1.2g |
| Carbohydrate (g) | 35.1g | 7.8g |
| - sugars (g) | 12.2g | 2.7g |
| Sodium (mg) | 253mg | 56mg |
| Dietary Fibre (g) | 4.7g | 1g |

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.

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.
- Bake until tender, **20-25 minutes**.

Little cooks: Kids can help toss the fries!

2



Get prepped

- Meanwhile, cut **tomato** into thin wedges. Finely chop **garlic**.
- Crush **black peppercorns** (see ingredients) with a mortar and pestle, or in their sachet using a rolling pin.
- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season **beef** with **salt** and **pepper**.

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

3



Sear the beef rump

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking.
- Transfer to a plate to rest.

4



Make the hollandaise

- **SPICY!** Peppercorns can be spicy, use less if you're sensitive to heat! Wipe out the frying pan and return to medium heat with a drizzle of **olive oil**. Cook **garlic** and **peppercorns** until fragrant, **1 minute**.
- Transfer **garlic-peppercorn oil** to a small bowl, then add **hollandaise** and stir to combine. Season to taste.

5



Make the salad

- In a medium bowl, combine **mixed salad leaves**, **tomato** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.

6



Serve up

- Slice seared beef rump.
- Divide beef, tomato salad and fries between plates.
- Pour peppercorn hollandaise sauce over beef to serve. Enjoy!

Little cooks: Add the finishing touch by drizzling over the sauce.

We're here to help!

Scan here if you have any questions or concerns



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