



Beef Rump Steak & Braised Leek

with Twice-Cooked Potatoes & Steamed Veggies

SKILL UP

NEW

Grab your meal kit with this number

39



Potato



Garlic



Green Beans



Carrot



Leek



Beef Rump



Vegetable Stock Powder



Italian Truffle Mayonnaise



Beef Rump



Pork Loin Steak

Prep in: 20-30 mins
Ready in: 45-55 mins

Calorie Smart

Time to unleash your inner chef! Tonight we're digging in to meltingly tender beef rump with leeks, braised to bring out all their natural sweetness. We think the real star of the show here is the twice-cooked roast potatoes - don't worry, we've given you all the tips and tricks to achieve your crispiest roasties yet!

Pantry items

Olive Oil, Butter, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Medium saucepan · 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
garlic	1 clove	2 cloves
green beans	1 small packet	1 medium packet
carrot	1	2
leek	1	2
beef rump	1 medium packet	2 medium packets OR 1 large packet
water*	¼ cup	½ cup
vegetable stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
balsamic vinegar*	1 tsp	2 tsp
Italian truffle mayonnaise	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2571kJ (614Cal)	449kJ (107Cal)
Protein (g)	39.1g	6.8g
Fat, total (g)	32.4g	5.7g
- saturated (g)	11.2g	2g
Carbohydrate (g)	42.7g	7.5g
- sugars (g)	22.6g	3.9g
Sodium (mg)	753mg	131mg
Dietary Fibre (g)	7.3g	1.3g

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.

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 10 minutes before slicing.



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle. Cut **potato** into bite-sized chunks.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**. Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**.
- Meanwhile, finely chop **garlic**. Trim **green beans**. Thinly slice **carrot** into sticks. Slice **leek** into 1cm thick rounds.
- 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**.



Cook the veggies

- While the beef is cooking, add **green beans**, **carrot** and a splash of **water** to a microwave-safe bowl, then cover with a damp paper towel.
- Microwave **veggies** on high until just tender, **2-4 minutes**.
- Drain **veggies**, then return to the bowl, season and cover to keep warm.



Roast the potato

- Drain the **potatoes** well then transfer to a lined oven tray.
- Season generously with **salt** and **pepper**, drizzle with **olive oil** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: Tossing and roughing the edges helps the potatoes get crisp edges while roasting!



Braise the leek

- While beef is resting, wipe out frying pan then return to high heat with a drizzle of **olive oil**.
- Cook **leek**, tossing, until slightly charred, **1-2 minutes**. Add **garlic** and cook until fragrant, **1 minute**.
- Reduce heat to medium, then add the **water**, **vegetable stock powder**, the **butter** and **balsamic vinegar** and cook, tossing, to combine.
- Cover with a lid or foil, and simmer until tender and liquid has slightly thickened, **2-3 minutes**.



Cook the beef

- **See Top Steak Tips! (left)** Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook the **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



Serve up

- Slice steak.
- Divide beef rump steak, twice-cooked potatoes, and steamed veggies between plates.
- Top beef with braised leek and any remaining pan sauce.
- Serve with **Italian truffle mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



SWAP TO PORK LOIN STEAK

Cook until cooked through, 3-4 minutes each side. Rest before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

