

# Rump Steak & Twice-Cooked Rosemary Potatoes

## with Mustard Compound Butter & Waldorf-Style Salad

SKILL UP

Grab your meal kit with this number

39



Potato



Garlic



Cos Lettuce



Apple



Radish



Rosemary



Beef Rump



Dijon Mustard



Dill & Parsley Mayonnaise



Chicken Breast



Beef Rump

Prep in: 20-30 mins  
Ready in: 40-50 mins

Protein Rich

Time to unleash your inner chef! Tender rump steak is seared to perfection, and is topped with a home-made garlic and dijon compound butter. We think the real star of the show is the twice-cooked roast potatoes - don't worry, we've given you all the tips to achieve your crispiest roasties yet!

### Pantry items

Olive Oil, Butter

## 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
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	50g	100g
potato	2	4
garlic	2 cloves	4 cloves
cos lettuce	½ head	1 head
apple	1	2
radish	1	2
rosemary	2 sticks	4 sticks
beef rump	1 medium packet	2 medium packets OR 1 large packet
dijon mustard	½ medium packet	1 medium packet
dill & parsley mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2958kJ (707Cal)	507kJ (121Cal)
Protein (g)	39g	6.7g
Fat, total (g)	42.7g	7.3g
- saturated (g)	19g	3.3g
Carbohydrate (g)	42.3g	7.3g
- sugars (g)	24.9g	4.3g
Sodium (mg)	498mg	85mg
Dietary Fibre (g)	8.3g	1.4g

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](https://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. In a small bowl, place the **butter** and set aside to come to room temperature.
- Cut **potato** into large chunks. Peel **garlic cloves**.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**. Cook **potato** and **garlic** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**.



## Cook the beef rump

- See '**Top Steak Tips!**' (left). When potatoes have **10 minutes** remaining, heat a large frying pan over high heat with 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.
- Transfer to a plate to rest.



## Get prepped

- Meanwhile, finely shred **cos lettuce** (see **ingredients**). Thinly slice **apple** and **radish**. Pick **rosemary leaves**.
- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season on both sides with **salt** and **pepper**.

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



## Make the salad

- Add **dijon mustard** (see **ingredients**) and cooked **garlic** to the **butter**. Season with **salt** and **pepper** and mash to combine.
- In a medium bowl, combine **cos lettuce**, **apple**, **radish** and **dill & parsley mayonnaise**. Season with **salt** and **pepper**.



## Roast the potatoes

- Drain the **potatoes** and transfer to a lined oven tray. Set **garlic** aside.
- Sprinkle **rosemary** over potatoes and drizzle with **olive oil**. Season generously with **salt** and **pepper**, and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.



## Serve up

- Slice beef rump.
- Divide rump steak, twice-cooked rosemary potatoes and Waldorf-style salad between plates.
- Dollop mustard compound butter over rump steak to melt. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Cook for 3-6 minutes each side.



#### DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.

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

