

# Beef Rump Steak & Braised Leek











with Twice-Cooked Potatoes & Sautéed Veggies

SKILL UP

Grab your meal kit with this number

41



-  Potato
-  Garlic
-  Asparagus
-  Carrot
-  Leek
-  Beef Rump
-  Vegetable Stock Powder
-  Italian Truffle Mayonnaise
-  Beef Rump
-  Pork Loin Steak

**Recipe Update**  
 We've replaced the green beans in this recipe with asparagus due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

Protein Rich

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 with lid · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
asparagus	1 bunch	2 bunches
carrot	1	2
leek	1	2
beef rump	1 medium packet	2 medium packets OR 1 large packet
<b>water*</b>	¼ cup	½ cup
vegetable stock powder	1 medium sachet	1 large sachet
<b>butter*</b>	20g	40g
<b>balsamic vinegar*</b>	1 tsp	2 tsp
Italian truffle mayonnaise	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2546kJ (608cal)	266kJ (63cal)
Protein (g)	39.1g	4.1g
Fat, total (g)	31.7g	3.3g
- saturated (g)	11.1g	1.2g
Carbohydrate (g)	42.7g	4.5g
- sugars (g)	22.5g	2.3g
Sodium (mg)	744mg	77.7mg
Dietary Fibre (g)	7.3g	0.8g

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. Remove steak from fridge 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. Check if steak is done by pressing on it gently with tongs: rare steak is soft, medium is springy and well-done is firm.
4. Let steak rest on a plate for 5 minutes before slicing.



## Get prepped

- **See Top Steak Tips! (below left).** 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 ends of **asparagus**. 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, heat a second large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **asparagus** and **carrot** until tender, **5-6 minutes**. Transfer to a bowl and cover to keep warm.

**TIP:** Add a splash of water to the pan to speed up the cooking process!



## 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

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook the **beef**, turning, for **5-9 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 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

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### 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.

