



Beef Rump & Creamy Parmesan Sauce

with Shortcut Garlic Potatoes & Cherry Tomato Salad

FAST & FANCY

KID FRIENDLY

Grab your meal kit
with this number

37



Potato



Garlic Paste



Cucumber



Cherry Tomatoes



Beef Rump



Cream



Grated Parmesan
Cheese



Spinach & Rocket
Mix



Balsamic Glaze



Parsley

Prep in: 10-20 mins
Ready in: 15-25 mins

A perfectly cooked steak is the ultimate go-to meal when you want to impress but you've got to be quick- all it needs is five minutes in the pan and five minutes to rest. Serve it with simple sides, and you'll have a gourmet meal on the table in no time!

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
garlic paste	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
cherry tomatoes	½ large packet	1 large packet
beef rump	1 medium packet	2 medium packets OR 1 large packet
cream	½ packet	1 packet
grated Parmesan cheese	1 medium packet	1 large packet
spinach & rocket mix	1 medium packet	2 medium packets
balsamic glaze	1 packet	2 packets
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3244kJ (775cal)	275kJ (66cal)
Protein (g)	44g	3.7g
Fat, total (g)	47.1g	4g
- saturated (g)	27.3g	2.3g
Carbohydrate (g)	43.9g	3.7g
- sugars (g)	25.9g	2.2g
Sodium (mg)	459mg	39mg
Dietary Fibre (g)	5.8g	0.5g

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. Remove steak from packaging and set aside at room temperature 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.



Heat the potatoes

- See **'Top Steak Tips' (left)**!
- Cut **potato** into large chunks.
- In a large microwave-safe bowl, combine **potato**, the **butter** and **garlic paste** and cover with a damp paper towel.
- Microwave on high until tender, **6-8 minutes**.
- Season with **salt** and **pepper**. Toss to combine and cover to keep warm.



Cook 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.
- Meanwhile, return pan to medium-low heat with a drizzle of **olive oil**. Add **cream** (see ingredients) and a pinch of **pepper**, then stir until slightly reduced, **1-2 minutes**.
- Remove pan from heat, then stir through **grated Parmesan cheese**.



Get prepped

- Roughly chop **cucumber**.
- Halve **cherry tomatoes** (see ingredients).
- 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**.



Serve up

- In a large bowl, combine cucumber, cherry tomatoes, **spinach & rocket mix** and **balsamic glaze**. Season to taste.
- Divide beef rump, shortcut garlic potatoes and cherry tomato salad between plates.
- Spoon creamy Parmesan sauce over beef. Tear over **parsley** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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