



Sticky Beef Rump & Avocado Salad

with Potato Fries & Onion Chutney

NEW

Grab your meal kit with this number

14



Potato



Avocado



Tomato



Slivered Almonds



Beef Rump



Onion Chutney



Spinach & Rocket Mix



Balsamic Glaze



Beef Rump



Diced Bacon

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

Protein Rich

Calorie Smart

Steak and fries, does it get more classically delicious than this epic combo? A sweet-savoury glaze of onion chutney on the steak and a fresh salad with creamy avocado give this meal an extra pop. We don't think we need to say more, dig in!

Pantry items

Olive Oil

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

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
avocado	1 (small)	2 (small)
tomato	1	2
slivered almonds	1 packet	2 packets
beef rump	1 medium packet	2 medium packets OR 1 large packet
onion chutney	1 medium packet	1 large packet
spinach & rocket mix	1 medium packet	1 large packet
balsamic glaze	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2607kJ (623cal)	283kJ (68cal)
Protein (g)	39.3g	4.3g
Fat, total (g)	34.6g	3.8g
- saturated (g)	9.4g	1g
Carbohydrate (g)	42.4g	4.6g
- sugars (g)	24g	2.6g
Sodium (mg)	246mg	26.7mg
Dietary Fibre (g)	11.1g	1.2g

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

- **See Top Steak Tips (below)!**
- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.

2



Get prepped

- Meanwhile, slice **avocado** in half, scoop out flesh and thinly slice.
- Slice **tomato** into thin wedges.
- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season **beef** generously with **salt** and **pepper**.

3



Cook the steak

- Heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.
- Return pan to 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.

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

4



Make it sticky

- Reduce heat to medium, add **onion chutney** and a splash of water and turn to coat. Transfer to a plate to rest.

5



Toss the salad

- In a medium bowl, combine **avocado**, **tomato**, **spinach & rocket mix** and **balsamic glaze**. Season to taste.

6



Serve up

- Slice beef rump.
- Divide sticky beef rump, avocado salad and potato fries between plates.
- Garnish salad with toasted almonds to serve. Enjoy!

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Add to salad.

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

