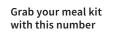


Sticky Beef Rump & Avocado Salad with Potato Fries & Onion Chutney

NEW











Slivered Almonds Tomato





Onion Chutney



Spinach & Rocket



Balsamic Glaze



Beef Rump



Calorie Smart





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

9			
	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.



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.



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.



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.



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.



Toss the salad

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



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.



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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.

