



Balsamic-Glazed Beef Rump & Rainbow Slaw

with Herby Potato Salad

KIWI FLAVOURS

KID FRIENDLY

Grab your meal kit with this number

26



Potato



Dill & Parsley Mayonnaise



Beef Rump



Kiwi Spice Blend



Apple



Deluxe Salad Mix



Beef Rump



Diced Bacon

Prep in: 20-30 mins
Ready in: 25-35 mins



Protein Rich



Calorie Smart

Bring the summer vibes into your home, no matter what the weather is doing outside, with a potato salad and tender beef rump. There's a balsamic glaze drizzled over the beef and even if outside is dreary, a vibrant rainbow slaw is sure to brighten things up.

Pantry items

Olive Oil, Butter, Balsamic Vinegar, Brown sugar, White Wine 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
dill & parsley mayonnaise	1 medium packet	1 large packet
beef rump	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
butter*	20g	40g
balsamic vinegar*	2 ½ tbs	5 tbs
brown sugar*	2 tsp	4 tsp
apple	1	2
deluxe salad mix	½ large packet	1 large packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2707kJ (646Cal)	525kJ (125Cal)
Protein (g)	37.7g	7.3g
Fat, total (g)	34.3g	6.7g
- saturated (g)	11.4g	2.2g
Carbohydrate (g)	47.4g	9.2g
- sugars (g)	29.4g	5.7g
Sodium (mg)	648mg	126mg
Dietary Fibre (g)	5.6g	1.1g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



1



Cook the potato

- See **'Top Steak Tips!'** (below left). Boil the kettle.
- Cut **potato** into bite-sized chunks.
- Half-fill a medium saucepan with boiling water, season with **salt** and bring to the boil.
- Cook **potato** in boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return **potato** to the pan.
- Allow to cool slightly, then add **dill & parsley mayonnaise** and toss to combine. Season to taste.

Little cooks: Help stir the dill & parsley mayo through the potato! Careful, it's hot!

3



Make the sauce & toss the slaw

- Return the frying pan to medium heat with the **butter**, **balsamic vinegar**, **brown sugar** and a splash of **water**. Simmer, stirring, until reduced, **1-2 minutes**. Set aside.
- Thinly slice **apple** into sticks.
- In a large bowl, combine **apple**, **deluxe salad mix** (see ingredients) and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

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. Sprinkle over potatoes.

2



Cook the beef

- Meanwhile, place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- In a medium bowl, combine **beef rump**, **Kiwi spice blend** and a drizzle of **olive oil**.
- 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.

4



Serve up

- Slice rump steak.
- Divide steak, creamy potato salad and rainbow slaw between plates.
- Top steak with balsamic glaze to serve. Enjoy!

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

