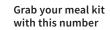


# Balsamic-Glazed Beef Rump & Rainbow Slaw

with Herby Potato Salad

KIWI FLAVOURS

KID FRIENDLY









Dill & Parsley Mayonnaise



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

Medium saucepan · Large frying pan

# Ingredients

3			
	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	

<sup>\*</sup>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.
- 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.



# 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!



## 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.



## 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.



## Serve up

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





Follow method above, cooking in batches if necessary.



Cook, breaking up with a spoon, 4-6 minutes. Sprinkle over potatoes.

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

