



Beef Rump & Dijon-Onion Sauce

with Potato Fries & Garlic Green Bean Salad

NEW

Grab your meal kit with this number

23



Potato Fries



Tomato



Onion



Green Beans



Garlic



Beef Rump



Dijon Mustard



Mixed Salad Leaves



Beef Rump



Grated Parmesan Cheese

Recipe Update

We've replaced the radish in this recipe with tomato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

Protein Rich

Calorie Smart

Elevate your steak night with a juicy beef rump and caramelised onions flavoured with punchy mustard! Juicy, tender beef pairs perfectly with sweet and tangy caramelised onions, golden potato fries, and a crisp garlicky green bean salad. It's a hearty, flavour-packed feast that hits all the right notes.

Pantry items

Olive Oil, Brown Sugar, Butter, Vinegar (White Wine Or Balsamic)

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 fries	1 medium packet	1 large packet
tomato	1	2
onion	½	1
green beans	1 small packet	1 medium packet
garlic	1 clove	2 cloves
beef rump	1 medium packet	2 medium packets OR 1 large packet
Dijon mustard	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
water*	¼ cup	½ cup
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2215kJ (529Cal)	391kJ (93Cal)
Protein (g)	39.2g	6.9g
Fat, total (g)	24.3g	4.3g
- saturated (g)	11.6g	2.1g
Carbohydrate (g)	40.2g	7.1g
- sugars (g)	10.6g	1.9g
Sodium (mg)	335mg	59mg
Dietary Fibre (g)	10.5g	1.9g

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.



Bake the fries

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



Make the Dijon-onion sauce

- Return frying pan to a medium-high heat with a drizzle of **olive oil**.
- Cook **onion**, stirring regularly until softened, **5-6 minutes**.
- Reduce heat to medium. Add **Dijon mustard**, the **brown sugar**, **butter** and **water** and mix well. Cook until dark and sticky, **3-5 minutes**.



Get prepped

- Meanwhile, thinly slice **tomato** and **onion (see ingredients)**. Trim and halve **green beans**. Finely chop **garlic**.
- Season **beef** with **salt** and **pepper**.



Toss the salad

- Meanwhile, to the bowl with the **green beans**, add **mixed salad leaves**, **tomato** and a drizzle of **vinegar**. Season to taste.



Cook the green beans and beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **green beans** and cook until tender, **3-4 minutes**.
- Add the **garlic** and cook, until fragrant, **1 minute**. Season to taste and transfer to a large bowl.
- Return frying pan to a high heat with a drizzle of **olive oil**. When **oil** is hot, cook **beef**, for **2 minutes** each side for medium-rare, or until cooked to your liking.
- Transfer to a plate to rest.



Finish & serve

- Slice beef.
- Divide beef rump, potato fries and garlic green bean salad between plates.
- Top beef with Dijon-onion sauce. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



ADD GRATED PARMESAN CHEESE

Sprinkle over before serving.

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

