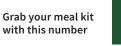
NEW















Onion

Green Beans





Beef Rump

Mixed Salad

Dijon Mustard

Leaves



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!



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

9. • • • • • • • • • • • • • • • • •			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato fries	1 medium packet	1 large packet	
tomato	1	2	
onion	1/2	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*	1/4 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.



Get prepped

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



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.



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.



Toss the salad

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



Finish & serve

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

