

# Rump Steak & Twice-Cooked Herby Potatoes

with Mustard Compound Butter & Cos Salad

SKILL UP

Grab your Meal Kit with this symbol



Potato



Garlic



Cos Lettuce



Apple



Radish



Beef Rump



Garlic & Herb Seasoning



Dijon Mustard



Dill & Parsley Mayonnaise



Beef Rump

Prep in: 20-30 mins  
Ready in: 40-50 mins

Time to unleash your inner chef! Tender rump steak is seared to perfection, and is topped with a home-made garlic and dijon compound butter. We think the real star of the show is the twice-cooked roast potatoes - don't worry, we've given you all the tips to achieve your crispiest roasties yet!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter

## Before you start

Wash your hands and any fresh food

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 · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	50g	100g
potato	2	4
garlic	2 cloves	4 cloves
cos lettuce	½ head	1 head
apple	1	2
radish	1	2
beef rump	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium packet	2 medium packets
Dijon mustard	½ medium packet	1 medium packet
dill & parsley mayonnaise	1 medium packet	1 large packet
beef rump**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2949kJ (705Cal)	508kJ (121Cal)
Protein (g)	38.9g	6.7g
Fat, total (g)	42.6g	7.3g
- saturated (g)	19g	3.3g
Carbohydrate (g)	42.3g	7.3g
- sugars (g)	24.9g	4.3g
Sodium (mg)	498mg	86mg
Dietary Fibre (g)	8g	1.4g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3763kJ (899Cal)	515kJ (123Cal)
Protein (g)	70.8g	9.7g
Fat, total (g)	50.1g	6.9g
- saturated (g)	23g	3.1g
Carbohydrate (g)	42.3g	5.8g
- sugars (g)	24.9g	3.4g
Sodium (mg)	571mg	78mg
Dietary fibre	8g	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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

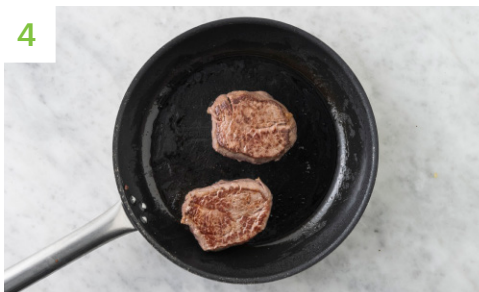
Scan here if you have any questions or concerns

2024 | CW18



## Boil the potatoes

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle. In a small bowl, add the **butter** and allow to come to room temperature.
- Cut **potato** into large chunks. Peel **garlic** cloves.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**. Cook **potato** and **garlic** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**.



## Cook the rump

- **See Top Steak Tips! below.**
- When the potatoes have **10 minutes** remaining, heat a large frying pan over 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.
- Transfer to a plate to rest.

**TIP:** Pounding the beef ensures that it's extra tender once cooked.

### Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



## Get prepped

- Meanwhile, finely shred **cos lettuce** (see **ingredients**). Thinly slice **apple** and **radish** into sticks.
- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season on both sides with **salt** and **pepper**.

**Custom Recipe:** If you've doubled your beef rump, prepare as above. Cook in batches for best results!



## Make the salad

- To the **butter**, add **Dijon mustard** (see **ingredients**) and **garlic**. Season with **salt** and **pepper** and mash to combine.
- In a medium bowl, combine **cos lettuce**, **apple**, **radish** and **dill & parsley mayonnaise**. Season with **salt** and **pepper**.



## Roast the potatoes

- Drain the **potatoes** and transfer to a lined oven tray. Set aside **garlic** cloves.
- Sprinkle over **garlic & herb seasoning** and drizzle with **olive oil**. Season generously with **salt** and **pepper**, and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.



## Serve up

- Slice beef rump.
- Divide rump steak, herby twice-cooked potatoes and cos radish salad between plates.
- Dollop mustard compound butter over rump steak to melt. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)