

# Grilled Beef Rump & Chilli-Crushed Potato

with Blackened Eggplant Salad

GOOD TO BBQ

Grab your meal kit with this number

13



Potato



Eggplant



Onion



Garlic



Beef Rump



Chilli Flakes (Optional)



Mixed Salad Leaves



Grated Parmesan Cheese



Beef Rump

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

Protein Rich

Calorie Smart

Your grill is calling your name again; it's time for another epic barbecue feast! Tonight we've got a perfectly tender beef rump steak, served alongside crushed chilli-garlic potatoes. The salad is a real crowd-pleaser, with grilled eggplant and charred onion tossed through fresh salad leaves. No BBQ? No worries? Just follow the stovetop method.

### Pantry items

Olive Oil, Butter, Balsamic 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 · BBQ or large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
eggplant	1	2
onion	½	1
garlic	2 cloves	4 cloves
beef rump	1 medium packet	2 medium packets OR 1 large packet
<b>butter*</b>	20g	40g
chilli flakes  (optional)	pinch	pinch
mixed salad leaves	1 small packet	1 medium packet
<b>balsamic vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1692kJ (404cal)	358kJ (76cal)
Protein (g)	38g	8g
Fat, total (g)	13g	2.7g
- saturated (g)	4.7g	1g
Carbohydrate (g)	30.5g	6.4g
- sugars (g)	8.8g	1.9g
Sodium (mg)	562mg	118.8mg
Dietary Fibre (g)	6.4g	1.4g

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.

## 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.



## Get prepped

1. **See 'Top Steak Tips!' (below left)**. Boil the kettle. Preheat BBQ to high heat.
2. Cut **potato** into bite-size chunks.
3. Cut **eggplant** into thin slices.
4. Thinly slice **onion** (see ingredients).
5. Finely chop **garlic**.
6. In a medium bowl, combine **eggplant** and a drizzle of **olive oil**, then season with **salt** and **pepper**.
7. In a second medium bowl, combine **onion**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
8. To a third medium bowl, add **beef rump** and a drizzle of **olive oil**. Season and toss to coat.



## Grill the steak

1. Grill **beef rump**, turning, for **6-10 minutes** for medium-rare or until cooked to your liking.
2. Transfer to a plate and leave to rest for **5 minutes**.

**No BBQ?** Return frying pan to high heat with a drizzle oil over high heat. When oil is hot, cook beef, for 2 minutes each side for medium-rare or until cooked to your liking.



## Make the crushed potatoes

1. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
2. Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and set aside.
3. Return saucepan to medium-high heat, then add the **butter**, **garlic** and **chilli flakes** (if using) and cook, stirring until fragrant, **1 minute**. Remove from heat.
4. Add **potato** to the pan and toss to coat. Lightly crush with a fork. Cover to keep warm.



## Toss the salad

1. To the bowl with eggplant and onion, add **mixed salad leaves** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.



## Grill the veggies

1. When the BBQ is hot, grill **eggplant** until charred and tender, **3-5 minutes** each side.
2. Meanwhile, grill **onion**, tossing occasionally, until tender and slightly charred, **6-8 minutes**.
3. Transfer **veggies** back into one bowl and set aside.

**No BBQ?** Cook eggplant in a frying pan, over medium-high heat until tender, 3-5 minutes each side. Cook onion, tossing occasionally, until tender and lightly charred, 4-5 minutes.



## Finish & serve

1. Slice beef.
2. Divide grilled beef rump, **chilli**-crushed potatoes and blackened eggplant salad between plates. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW05



### CUSTOM OPTIONS

**+** **ADD GRATED PARMESAN CHEESE**  
Sprinkle over before serving.

**+** **DOUBLE BEEF RUMP**  
Follow method above, cooking in batches if necessary.

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

