

# Rump Steak & Twice-Cooked Herby Potatoes

with Parsley Compound Butter & Waldorf-Style Salad

SKILL UP

Grab your meal kit with this number

41



Potato



Garlic



Parsley



Cos Lettuce



Apple



Radish



Rosemary



Beef Rump



Dill & Parsley Mayonnaise



Beef Rump



Chicken Breast

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

 Protein Rich

Time to unleash your inner chef! Tender rump steak is seared to perfection and is topped with a home-made garlic and parsley 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!

### Pantry items

Olive Oil, Butter



## 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 · 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
parsley	1 packet	1 packet
cos lettuce	½ head	1 head
apple	1	2
radish	1	2
rosemary	2 sticks	4 sticks
beef rump	1 medium packet	2 medium packets OR 1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2988kJ (714cal)	514kJ (88cal)
Protein (g)	38.8g	6.7g
Fat, total (g)	44.6g	7.7g
- saturated (g)	19.3g	3.3g
Carbohydrate (g)	36.3g	6.2g
- sugars (g)	14.6g	2.5g
Sodium (mg)	333mg	57.3mg
Dietary Fibre (g)	9.2g	1.6g

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.

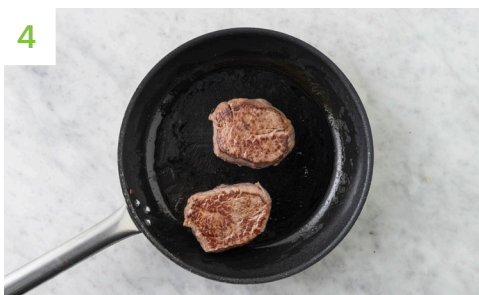
## Top Steak Tips!

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.



## Start the potatoes

- See **'Top Steak Tips!'** (below left).
- 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**.
- Finely chop **parsley**.
- 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

- 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**, for **2 minutes** each side for medium-rare, or until cooked to your liking.
- Transfer to a plate to rest.



## Get prepped

- Meanwhile, finely shred **cos lettuce** (see ingredients).
- Thinly slice **apple** and **radish**.
- Pick **rosemary** leaves.
- Season **beef rump** with **salt** and **pepper**.



## Make the salad

- To the softened butter, add **parsley** and **cooked garlic**. Season with **salt** and **pepper** and mash to combine.
- In a medium bowl, combine **cos lettuce**, **apple**, **radish** and **dill & parsley mayonnaise**. Season to taste.



## Roast the potatoes

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

**TIP:** *Roughing the edges helps the potatoes get extra crispy while roasting!*



## Finish & serve

- Slice beef rump.
- Divide rump steak, twice-cooked herby potatoes and Waldorf-style salad between serving plates.
- Dollop parsley compound butter over rump steak to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW07



### CUSTOM OPTIONS

#### + DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.

#### 🔄 SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

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

