



# Seared Rump Steak with Garlic Butter Potatoes & Truffle Mayo

**FRESH & FAST**

Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2099kJ (501Cal) | Protein 36g | Fat, total 30g - saturated 7.2g | Carbohydrate 24.3g - sugars 4.5g | Sodium 905mg  
**Low calorie**

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2021 | WK09 | X

# Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You'll need

(along with the basics)

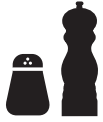


Large Frying Pan

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
<b>Beef Rump</b>	<b>1 pkt</b>	<b>1 pkt</b>
<b>Roasted Potatoes with Garlic Butter</b>	<b>1 pkt</b>	<b>1 pkt</b>

## 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.

## 1. Sizzle



Beef Rump

## 2. Zap



Roasted Potatoes with Garlic Butter



Tomato



Cucumber

## 3. Toss



Mixed Salad Leaves



Balsamic & Olive Oil Dressing



Italian Truffle Mayonnaise

- Heat **olive oil** in a frying pan over high heat
- Season **beef**
- Cook **beef** for **2-3 mins** each side or until cooked to your liking
- Transfer to a plate to rest

- Meanwhile, prick a few holes in the **potato** container and microwave until soft and steaming, **4-5 mins**
- Chop **tomato**. Thinly slice **cucumber**

- Now, add **mixed salad leaves**, **tomato** and **cucumber** to a bowl
- Pour over the **dressing**, season and toss
- Slice **steak**
- Plate up **potatoes** and **steak**. Serve with **salad** and **truffle mayo**

