



Honey Mustard Rump Steak

with Creamy Herb Potatoes & Garden Salad

Grab your Meal Kit with this symbol



Potato



Tomato



Carrot



Parsley



Dijon Mustard



Beef Rump



Greek-Style Yoghurt



Spinach & Rocket Mix



Beef Rump

Keep an eye out...

Due to recent sourcing challenges, we've replaced dill with parsley, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **15-25 mins**
Ready in: **25-35 mins**

Calorie Smart

Our chefs are always looking to take “meat and potatoes” to the next level. This week, they really raised the steaks (we’ll show ourselves out). Tonight, sirloin is pan-seared with a tangy honey mustard glaze. On the side, there’s a creamy potato salad that’ll have you licking your lips and fingertips by the end of it. Dig in!



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

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

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 will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
tomato	1	2
carrot	1	2
parsley	1 bunch	1 bunch
Dijon mustard	1 packet (15g)	2 packets (30g)
honey*	½ tbs	1 tbs
water*	½ tbs	1 tbs
beef rump	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
white wine vinegar*	½ tbs	1 tbs
spinach & rocket mix	1 bag (30g)	1 bag (60g)
beef rump**	2 packets	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1910kJ (456Cal)	336kJ (80Cal)
Protein (g)	42g	7.4g
Fat, total (g)	12.3g	2.2g
- saturated (g)	6.7g	1.2g
Carbohydrate (g)	46.3g	8.1g
- sugars (g)	13.8g	2.4g
Sodium (mg)	543mg	95mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2794kJ (667Cal)	389kJ (92Cal)
Protein (g)	74.5g	10.4g
Fat, total (g)	21.5g	3g
- saturated (g)	11.9g	1.7g
Carbohydrate (g)	46.3g	6.4g
- sugars (g)	13.8g	1.9g
Sodium (mg)	617mg	86mg

The quantities provided above are averages only.

*Custom recipe is not Calorie Smart.

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Cook the potato

Bring a medium saucepan of water to the boil. Cut the **potato** into bite-sized chunks. Cook the **potato** in the boiling water until easily pierced with a knife, **10-12 minutes**. Drain and return to the saucepan. Cover to keep warm.



Finish the potatoes

While the steak is resting, add the **Greek-style yoghurt** and **parsley** to the cooked **potato**. Add the **salt** and season with **pepper**, then gently toss to combine. Set aside.



Get prepped

While the potato is cooking, slice the **tomato** into wedges. Grate the **carrot**. Roughly chop the **parsley** leaves. In a small bowl, combine the **Dijon mustard**, **honey** and the **water**. Set aside.



Make the salad

In a large bowl, combine the **white wine vinegar** and a drizzle of **olive oil**, then season. Add the **spinach & rocket mix**, **tomato** and **carrot**. Toss to coat.



Cook the steak

See Top Steak Tips (below) for extra info!

Heat a large frying pan over a high heat with a drizzle of **olive oil**. Season the **beef rump** on both sides with **salt** and **pepper**. When the oil is hot, cook the **beef rump** for **3-4 minutes** on each side for medium or until cooked to your liking. Remove the pan from the heat, then add the **honey-mustard glaze** and turn to coat the **beef**. Transfer to a plate and leave to rest for **5 minutes**.



CUSTOM RECIPE

If you're cooking double the beef rump, cook in batches for the best results.



Serve up

Slice the honey mustard steak. Divide the steak, creamy herb potatoes and the garden salad between plates.

Enjoy!

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.