



Seared Beef Rump & Carrot-Potato Smash

with Spinach-Rocket Salad & Gravy

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Chopped Potato



Beef Rump



Nan's Special Seasoning



Snacking Tomatoes



Spinach, Rocket & Fennel Mix



Gravy Granules



Beef Rump

Prep in: 15-25 mins
Ready in: 30-40 mins



Carb Smart*

*Custom recipe is not Carb Smart

This seared steak and cheat's gravy goes perfectly with the vibrant veggie mash and crisp tomato salad. The carrot in the mash keeps the carbs down, and adds a subtle sweet and earthy flavour.

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

Pantry items

Olive Oil, Butter, Milk, Vinegar (White Wine or Balsamic)

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
chopped potato	1 medium packet	1 large packet
butter*	40g	80g
milk*	2 tbs	¼ cup
beef rump	1 small packet	2 small packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
snacking tomatoes	1 packet	2 packets
spinach, rocket & fennel mix	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2110kJ (504Cal)	386kJ (92Cal)
Protein (g)	37.6g	6.9g
Fat, total (g)	21.4g	3.9g
- saturated (g)	12.5g	2.3g
Carbohydrate (g)	38g	7g
- sugars (g)	8.5g	1.6g
Sodium (mg)	813mg	149mg
Dietary Fibre (g)	6.3g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2785kJ (665Cal)	400kJ (95Cal)
Protein (g)	68.2g	9.8g
Fat, total (g)	25.6g	3.7g
- saturated (g)	14g	2g
Carbohydrate (g)	38g	5.5g
- sugars (g)	8.5g	1.2g
Sodium (mg)	879mg	126mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



1



Make the potato-carrot smash

- Bring a medium saucepan of salted water to the boil.
- Peel and cut **carrot** into large chunks.
- Cook **chopped potato** and **carrot** in the boiling water, until easily pierced with a fork, **10-15 minutes**.
- Drain and return to saucepan.
- Add the **butter, milk** and a generous pinch of **salt**. Lightly mash, then cover to keep warm.

3



Make the salad & make the gravy

- While steak is resting, boil kettle. Halve **snacking tomatoes**.
- In a large bowl, combine **spinach, rocket & fennel mix, tomatoes**, a drizzle of the **vinegar** and a drizzle of **olive oil**. Toss to combine.
- In a second medium bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.

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.

2



Cook the steak

- **See 'Top Steak Tips!' (below)**. Meanwhile, place **beef rump** between two sheets of baking paper. Pound with a rolling pin until slightly flattened (this ensures your steak is nice and tender). Season with **salt** and **pepper**.
- In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **beef**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest (it will keep cooking it rests!).

Custom Recipe: If you've doubled your beef rump, cook rump steak in batches for the best results.

4



Serve up

- Slice beef rump steak.
- Divide steak, carrot-potato smash and tomato garden salad between plates.
- Spoon gravy over steak and carrot-potato smash to serve. Enjoy!

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