



Seared Rump Steak with Potatoes & Béarnaise

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



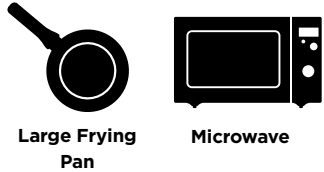
Nutrition Per Serving: Energy 1748kJ/417Cal | Protein 37.5g | Fat, total 17.4g - saturated 9.9g | Carbohydrate 21.9g - sugars 5.1g | Sodium 517mg
Low Calorie | Naturally gluten-free (Not suitable for coeliacs)

Contact us | hello@hellofresh.com.au
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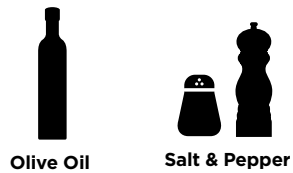
Get ready

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)



From the pantry



From the cool pouch

	2P	4P
Beef Rump	1 pkt	1 pkt
Trimmed Green Beans	1 pkt (150g)	2 pkts (300g)
Roasted Potatoes with Garlic Herb Butter	1 pkt	2 pkts
Béarnaise Sauce	1 pkt (50g)	1 pkt (100g)

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.

1. Sizzle



Beef Rump

2. Toss



Trimmed Green Beans



Baby Spinach Leaves



Lemon

3. Zap



Roasted Potatoes With Garlic Herb Butter



Béarnaise Sauce

- Heat **olive oil** in a large frying pan over high heat
- Season **beef** and cook for **2-3 mins** each side, or until cooked to your liking. **TIP:** This will give you a medium steak
- Transfer to a plate to rest

- Return pan to a medium-high heat with **olive oil**
- Add **beans** and cook for **3-4 mins**, until just tender
- Add **spinach** and a **squeeze** of **lemon juice**. Toss until wilted
- **Season**

- Meanwhile, zap **potatoes** in the microwave until hot and steaming, **3 minutes**
- Halve **rump steak** to get 1 piece per serving
- Plate up **steak, potatoes** and **greens**
- Serve with **béarnaise**



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.