

Rump Steak and Slow Roasted Tomato Butter Sauce



with Parmigiano Smashed Potatoes and Rocket Salad

Premium 30-35 Minutes • 1 of your 5 a day



Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, bowl, garlic press and aluminium foil. Ingredients

Ingredients	2P	3P	4P
21 Day Aged Rump Steak**	2	3	4
Salad Potatoes	350g	500g	700g
Balsamic Glaze 14)	24ml	36ml	48ml
Parmigiano Reggiano** 7)	40g	60g	80g
Garlic Clove**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Wild Rocket**	40g	60g	80g
Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Water for the Dressing*	3 tbsp	4½ tbsp	6 tbsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per servin	Per 100
for uncooked ingredient	459g	100g
Energy (kJ/kcal)	2281/545	497/119
Fat (g)	24.8	5.4
Sat. Fat (g)	12.5	2.7
Carbohydrate (g)	35.3	7.7
Sugars (g)	10.1	2.2
Protein (g)	44.1	9.6
Salt (g)	0.93	0.20

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ



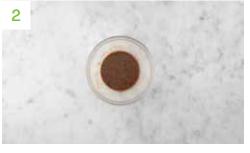


Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **steaks** from the fridge to allow them to come to room temperature.

Halve the salad potatoes widthways. Put the potatoes onto a baking tray. Drizzle with oil, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer, cut-side down.

When the oven is hot, roast the **potatoes** on the top shelf, 20 mins.



Mix the Parmigiano Dressing

Meanwhile, add half the balsamic glaze and half the Parmigiano Reggiano to a large bowl with the olive oil and water for the dressing (see pantry for both amounts).

Mix together and season with **salt** and **pepper**, then set the dressing aside.



Slow Roast the Tomatoes

Peel and grate the **garlic** (or use a garlic press). Halve the **tomatoes** and pop them onto a piece of foil. Season with salt and pepper.

Add the **garlic**, the remaining **balsamic glaze** and the **butter** (see pantry for amount) to the foil. Fold the foil, sealing on all sides to create a **parcel**. Pop onto a small baking tray.

Season the **steaks** with **salt** and **pepper** on both sides. Set aside.



Get Smashing

Add the tomato parcel tray to the bottom shelf and roast until softened, 15-20 mins.

When the **potatoes** have cooked for 20 mins, remove them from the oven. Use the bottom of a bowl or pan to lightly crush each potato half.

Sprinkle the **potatoes** with the remaining Parmigiano Reggiano and then drizzle with more **oil**. Return to the top shelf until crispy and golden, 10-15 mins.



Cook the Steaks

When the potatoes have 10 mins left, heat a drizzle of **oil** in a large frying pan on high heat. TIP: Rump steaks naturally vary in shape, so adjust the following timings depending on how you like yours cooked.

Once very hot, lay the **steaks** into the pan and fry until browned and medium-rare, about 5 mins. Turn halfway through. TIP: Cook each side for 1 min more if you like it more well done.

Once cooked, transfer to a board, cover with foil and allow to rest for a couple of mins. **IMPORTANT:** Wash your hands and equipment after handling raw steaks. They're safe to eat when browned on the outside.



Finish and Serve

Just before everything's ready, toss the rocket in the Parmigiano dressing.

Thinly slice the **steaks** widthways, then share the steak, Parmigiano smashed potatoes and rocket salad between your plates.

Gently combine the roasted tomatoes and their buttery juices while still in the foil, then spoon over the steaks to finish.

Enjoy!

