



Rump Steak and Slow Roasted Tomato Butter Sauce with Parmigiano Smashed Potatoes and Rocket Salad

30

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



21 Day Aged Rump Steak



Salad Potatoes



Balsamic Glaze



Parmigiano Reggiano



Garlic Clove



Baby Plum Tomatoes



Wild Rocket

Pantry Items

Oil, Salt, Pepper, Olive Oil, Butter

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 for uncooked ingredient	Per servin	Per 100
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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1



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.

4



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.

2



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.

5



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.

3



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.

6



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!