



Lemon and Garlic Butter 21 Day Aged Rump Steak with Truffle Parmesan Chips and Caprese Style Salad

29

Premium 35-40 Minutes • 1 of your 5 a day



21 Day Aged
British Rump Steaks



Unsalted Butter



Potatoes



Garlic Clove



Baby Plum
Tomatoes



Mozzarella



Chives



Lemon



Parmigiano Reggiano



Baby Leaf Mix



Truffle Zest



Mayonnaise

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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, aluminium foil, kitchen scissors, fine grater, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
21 Day Aged British Rump Steaks**	2	3	4
Unsalted Butter** 7)	30g	45g	60g
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Baby Plum Tomatoes	125g	190g	250g
Mozzarella** 7)	1 ball	1½ balls	2 balls
Chives**	1 bunch	1½ bunches	2 bunches
Lemon**	1	1	2
Parmigiano Reggiano** 7)	20g	30g	40g
Baby Leaf Mix**	50g	70g	100g
Truffle Zest	1 sachet	1½ sachets	2 sachets
Mayonnaise 8) 9)	64g	96g	128g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	643g	100g
Energy (kJ/kcal)	3335 /797	519 /124
Fat (g)	42.5	6.6
Sat. Fat (g)	19.7	3.1
Carbohydrate (g)	57.8	9.0
Sugars (g)	9.6	1.5
Protein (g)	51.5	8.0
Salt (g)	1.66	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 9) Mustard

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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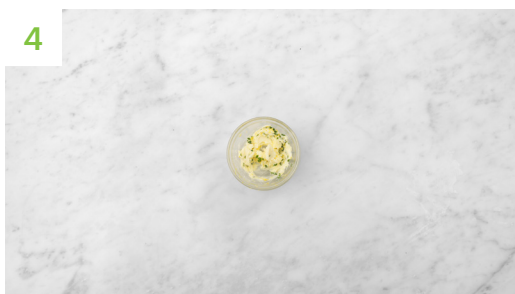
1 Chip, Chip, Hooray

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



4 Mix the Lemon Garlic Butter

Meanwhile, once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Pop the **softened butter** into a small bowl and add the **mashed garlic**, **lemon zest** and **half** the **chives**. Use a fork to mash the **garlic** into the **butter**. Season with **salt** and **pepper**.

When the **chips** have 5 mins remaining, sprinkle over the **Parmigiano Reggiano** and return to the oven for the remaining time.



2 Prep Time

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast the **parcel** until soft, 10-12 mins.

Quarter the **baby plum tomatoes**. Drain and chop the **mozzarella** into 2cm chunks.

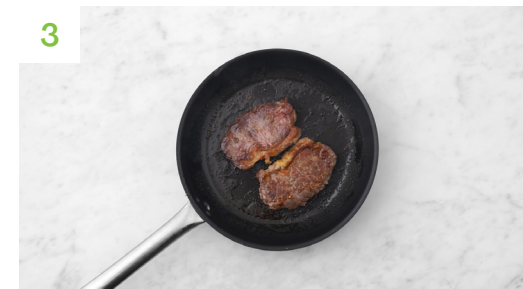
Finely chop the **chives** (use scissors if easier). Zest and cut the **lemon** into wedges.



5 Finishing Touches

Once the **steak** is cooked, transfer to a plate, spread over the **flavoured butter**, cover with foil and allow to rest for a couple of mins. **IMPORTANT:** The **steak** is safe to eat when browned on the outside.

When everything's ready, toss the **tomatoes**, **baby leaves** and **mozzarella** through the **lemon dressing**. Sprinkle the **truffle zest** over the **chips**.

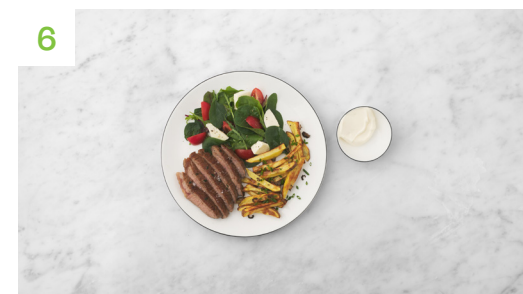


3 Fry your Steaks

In a large bowl, combine a good squeeze of **lemon juice** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**. **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. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



6 Slice and Serve

Slice the **steaks** into 1cm thick slices and transfer to your serving plates, spooning over any **melted butter** from the resting plate.

Serve the **Caprese style salad** and **truffle parmesan chips** alongside.

Sprinkle the remaining **chives** over the **chips** and serve with the **mayo** for dipping.

Enjoy!