



# 21 Day Aged Rump Steak and Homemade Chimichurri with Handcut Chips and Baby Gem, Avocado & Quesa Fresca Style Salad

30

Premium 40-45 Minutes • Mild Spice • 2 of your 5 a day



21 Day Aged British Rump Steaks



Potatoes



Central American Style Spice Mix



Coriander



Flat Leaf Parsley



Lime



Garlic Clove



Chilli Flakes



Baby Gem Lettuce



Baby Plum Tomatoes



Avocado



Greek Style Salad Cheese

#### 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. Ingredients in **red** are hot!

## Cooking tools

Baking tray, fine grater, garlic press, bowl, frying pan and aluminium foil.

## Ingredients

Ingredients	2P	3P	4P
21 Day Aged British Rump Steaks**	2	3	4
Potatoes	450g	700g	900g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Coriander**	1 bunch	1 bunch	1 bunch
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lime**	1	1	1
Garlic Clove**	1	2	2
Chilli Flakes	1 pinch	1 pinch	2 pinches
Baby Gem Lettuce**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Avocado	1	1½	2
Greek Style Salad Cheese** 7)	100g	150g	200g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	1 tsp	1 tsp	1 tsp
Olive Oil for the Chimichurri*	2 tbsp	2 tbsp	2 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3375 /807	498 /119
Fat (g)	45.6	6.7
Sat. Fat (g)	15.6	2.3
Carbohydrate (g)	52.7	7.8
Sugars (g)	8.0	1.2
Protein (g)	48.7	7.2
Salt (g)	1.80	0.27


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

## Allergens

### 7) Milk

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.

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## Cook the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **steaks** 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**, sprinkle over the **Central American style spice mix**, 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.



## Fry the Steaks

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.



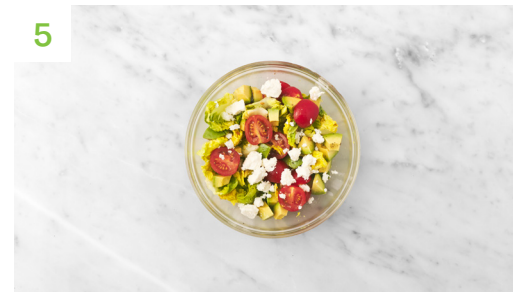
## Chimichurri Time

In the meantime, roughly chop the **coriander** and **parsley** (stalks and all).

Zest and halve the **lime**. Peel and grate the **garlic** (or use a garlic press).

In a small bowl, mix the **coriander**, **parsley**, **garlic**, **chilli flakes**, **lime zest**, half the **lime juice** with the **sugar** and **olive oil for the chimichurri** (see pantry for both amounts).

Season with **salt** and **pepper**, then set your **chimichurri** aside for later.



## Finishing Touches

Once the **steaks** are cooked, transfer to a board, cover with foil and allow to rest for a couple of mins. **IMPORTANT:** The steak is safe to eat when browned on the outside.

Meanwhile, crumble your **Greek style salad cheese** into the bowl of **dressing**, then toss your **baby gem** through.

Once your **steaks** are ready, thinly slice widthways.



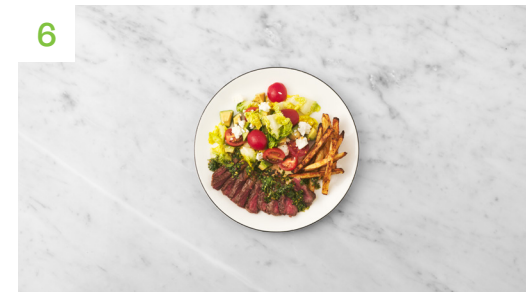
## Prep your Salad

In a large bowl, add the **olive oil for the dressing** (see pantry for both amounts), a pinch of **sugar** and the remaining **lime juice**. Season with **salt** and **pepper**.

Trim the **baby gem**, separate the leaves, then tear into bite-sized pieces. Halve the **baby plum tomatoes**.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 1cm chunks.

Toss the **tomatoes** and **avocado** with the **dressing**. Set aside.



## Serve Up

Share the **steaks** between your serving plates and spoon over the **chimichurri**.

Serve with your **salad** and **chips** alongside.

## Enjoy!