



Surf 'n' Turf 21 Day Aged Rump Steak with a Creamy Garlic Peppercorn Sauce

Special Sides 10-20 Minutes

6A

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21 Day Aged British Rump Steaks



Garlic Clove



Flat Leaf Parsley



King Prawns



Cracked Black Pepper



Chicken Stock Paste



Creme Fraiche

Cooking your Rump Steak

Our **rump steaks** vary in size and shape, so cook them according to thickness. For the best results, allow the **steak** to reach room temperature before cooking and use a heavy based frying pan for the best sear. Once cooked, allow your **steaks** to rest to achieve an evenly tender texture, and remember to cut against the grain if serving sliced.

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Garlic press, frying pan and aluminium foil.

Ingredients

Ingredients	Quantity
21 Day Aged British Rump Steaks**	2
Garlic Clove**	2
Flat Leaf Parsley**	1 bunch
King Prawns** 5)	150g
Cracked Black Pepper	1 sachet
Chicken Stock Paste	10g
Creme Fraiche** 7)	75g

Pantry	Quantity
Water*	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	328g	100g
Energy (kJ/kcal)	1995 /477	608 /145
Fat (g)	33.1	10.1
Sat. Fat (g)	16.4	5.0
Carbohydrate (g)	4.7	1.4
Sugars (g)	1.6	0.5
Protein (g)	45.9	14.0
Salt (g)	2.21	0.67

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

Allergens

5) Crustaceans 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.

Contact

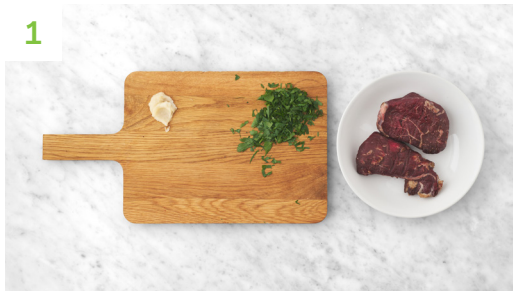
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Prep Time

- Remove the **steaks** from your fridge to allow them to come up to room temperature
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).



Start the Sauce

- Once the **steak** is 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.*
- Add the **garlic** and **cracked black pepper** to the (now empty) **steak** pan and fry on medium-high heat until fragrant, 30 secs.
- Add the **chicken stock** and **water for the sauce** (see pantry for amount) and bring to the boil. Allow the **sauce** to simmer until reduced by half, 1-2 mins.



Fry the Steak

- 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.*



Stir and Slice

- Add the **creme fraiche** to the **garlic and peppercorn sauce**, then stir through **three quarters** of the **parsley**.
- Once rested, slice the **steaks** into 1cm thick slices and lay onto your serving platter.



Cook the Prawns

- While the **steaks** cook, drain the **prawns**.
- Heat a drizzle of **oil** in another frying pan on medium-high heat.
- Once hot, add the **prawns**. Season with **salt** and **pepper** and stir-fry for 4-5 mins. Once cooked, remove the pan from the heat. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.*



Finish and Serve

- Spoon the **prawns** on top of the **steak** and drizzle over the **creamy garlic and peppercorn sauce**.
- Sprinkle over the remaining **parsley** to finish.

Enjoy!