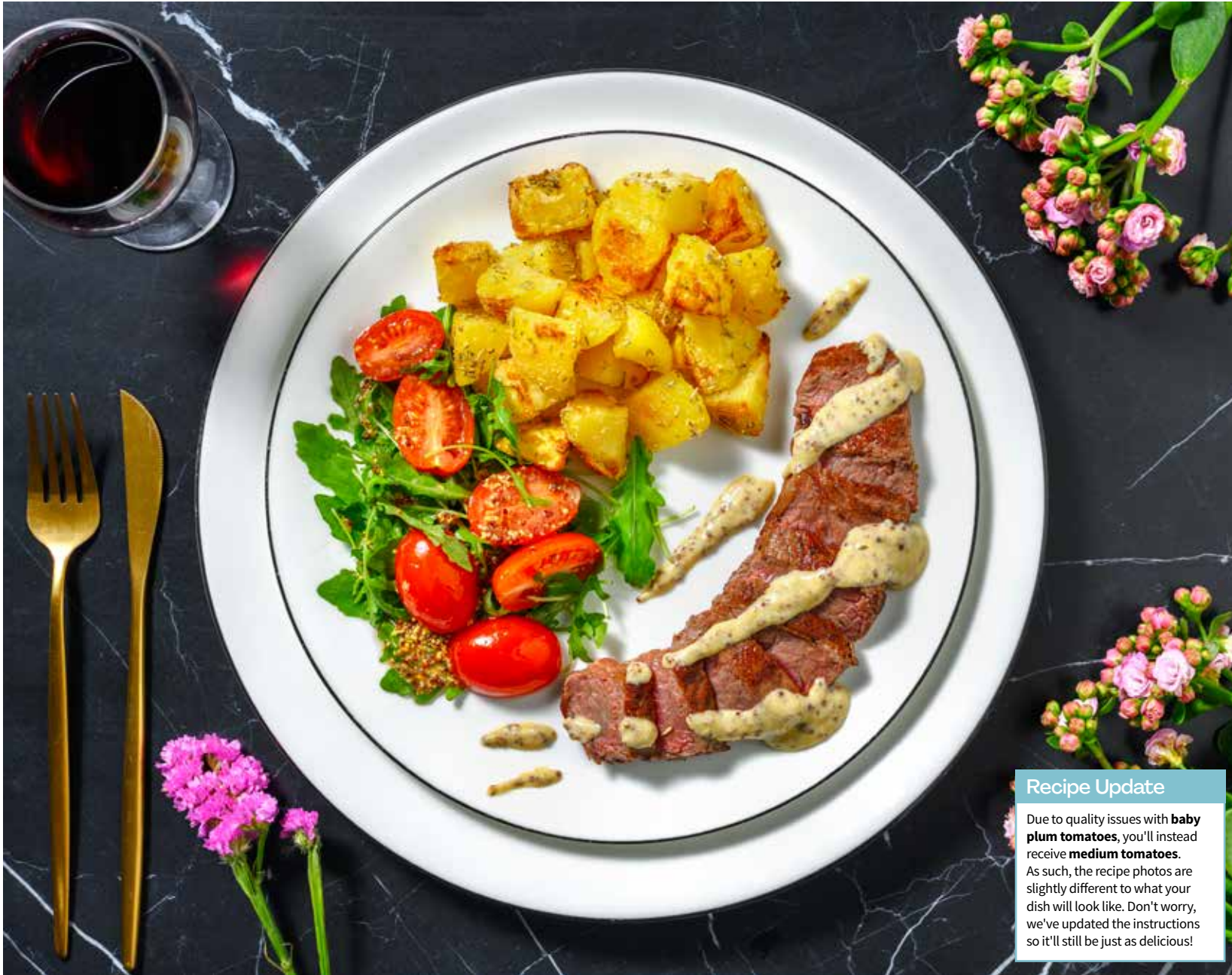




Rump Steak and Parmesan Rosemary Roasties with Creamy Mustard Sauce and Rocket Salad

30

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



Potatoes



Rump Steak



Medium Tomato



Garlic Clove



Dried Rosemary



Red Wine Vinegar



Wholegrain Mustard



Creme Fraiche



Chicken Stock Paste



Parmigiano Reggiano



Rocket

Recipe Update

Due to quality issues with **baby plum tomatoes**, you'll instead receive **medium tomatoes**.

As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper, Plain Flour, 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

Kettle, baking tray, saucepan, garlic press, colander, bowl, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Rump Steak**	2	3	4
Medium Tomato	1	2	2
Garlic Clove**	2	3	4
Dried Rosemary	1 sachet	2 sachets	2 sachets
Red Wine Vinegar 14)	12g	18g	24g
Wholegrain Mustard 9)	17g	25g	34g
Crema Fraiche** 7)	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Parmigiano Reggiano** 7)	20g	20g	40g
Rocket**	40g	60g	80g

Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Dressing*	½ tsp	¼ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3014 / 720	567 / 136
Fat (g)	41.4	7.8
Sat. Fat (g)	19.0	3.6
Carbohydrate (g)	50.1	9.4
Sugars (g)	6.8	1.3
Protein (g)	40.5	7.6
Salt (g)	1.87	0.35

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

Allergens

7) Milk **9)** Mustard **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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Get Prepped

Preheat your oven to 240°C/220°C fan/gas mark 7. Fill and boil your kettle.

Pour enough **oil** into a deep baking tray to cover the bottom and pop into the oven. Peel the **potatoes**, then chop into 3cm chunks.

Remove the **steaks** from the fridge to come up to room temperature before cooking.



Fry the Steak

When the **potatoes** have 15 mins remaining, 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 1 min 15 secs on each side. **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 meat. They're safe to eat when browned on the outside.



Start the Roasties

Pour the **boiled water** into a large saucepan on high heat with ½ **tsp salt**. Boil the **potatoes** for 5-6 mins or until the edges are soft.

Meanwhile, cut the **tomato** into 2cm chunks. Peel and grate the **garlic** (or use a **garlic** press).

Once the **potatoes** are ready, drain in a colander. Sprinkle on the **flour** (see pantry for amount), **dried rosemary** and season with **salt**. Shake to fluff up the **potatoes**.



Make the Mustard Sauce

Return the (now empty) pan to a medium-high heat with a drizzle more **oil** if needed - no need to clean.

Fry the **garlic** for 1 min, then stir through the **creme fraiche**, **chicken stock paste**, **water for the sauce** (see pantry for amount) and the remaining **wholegrain mustard**.

Bring to the boil, then lower the heat and simmer until thickened, 3-5 mins. Taste and season with **salt** and **pepper** if needed.

When the **potatoes** have 5 mins left, remove the tray from the oven and sprinkle over the **Parmigiano**. Return to the oven and roast for the remaining time.



Tomatoes and Dressing Time

Take your hot baking tray out of your oven and carefully add the **potatoes**, turning in the **oil**. Roast on the top shelf of your oven until golden and crisp, 30-35 mins.

Meanwhile, in a small bowl, mix together the **sugar** and **olive oil for the dressing** (see pantry for both amounts) with the **red wine vinegar** and **half the wholegrain mustard**. Season with **salt** and **pepper**.

Add the **tomatoes** to the **dressing**. Toss to coat and set aside.



Finish and Serve

Just before you're ready to serve, toss the **rocket** with the **tomatoes**.

Slice your **steaks** widthways and serve with the **parmesan roasties** and **salad** alongside.

Spoon the **creamy mustard sauce** over your **steaks** to finish.

Enjoy!