



Rump Steak and Truffled Dauphinoise with Red Wine Jus and Garlicky Green Beans

Premium 35-40 Minutes

30



Rump Steak



Potatoes



Garlic Clove



Green Beans



Creme Fraiche



Chicken Stock Paste



Grated Hard
Italian Style Cheese



Red Wine
Jus Paste



Truffle Zest

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

Saucepan, garlic press, colander, ovenproof dish, lid, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Rump Steak**	2	3	4
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Green Beans**	150g	200g	300g
Crema Fraiche** 7)	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Red Wine Jus Paste 10) 14)	15g	22g	30g
Truffle Zest	1 sachet	1½ sachets	2 sachets

Pantry	2P	3P	4P
Reserved Potato Water*	75ml	100ml	150ml
Water for the Jus*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3292 /786	600 /144
Fat (g)	48.0	8.8
Sat. Fat (g)	25.6	4.7
Carbohydrate (g)	51.3	9.3
Sugars (g)	8.0	1.45
Protein (g)	41.9	7.6
Salt (g)	2.45	0.45

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

Allergens

7) Milk 8) Egg 10) Celery 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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60 Worship St, London EC2A 2EZ

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Get Prepped

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 before cooking. Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**.

Peel and slice the **potatoes** into 1cm thick rounds. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans**.

Once boiling, add the **potato slices** to the **water** and simmer until just tender, 8-12 mins.

Once cooked, reserve some of the **potato water** (see pantry for amount), then carefully drain in a colander.



Fry your Steaks

While the **jus** simmers, season the **steaks** with **salt** and **pepper**. Heat a large frying pan on high heat with a drizzle of **oil**. **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: Lower the heat and 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. The steak is safe to eat when the outside is browned.



Make the Creamy Sauce

When the **potatoes** have 5 mins left, heat a drizzle of **oil** in a medium saucepan on medium heat.

Once hot, add the **garlic** and cook until fragrant, 30 secs, then add the **crema fraiche**, **chicken stock paste**, **reserved potato water** and **half** the **grated hard Italian style cheese**.

Mix together, bring to the boil, then remove from the heat. Season to taste with **salt** and **pepper**.

Lay the **cooked potato slices** in layers in an appropriately sized ovenproof dish, then pour over the **creamy sauce**.



Bring on the Beans

While the **steaks** rest, heat the (now empty) frying pan on medium-high heat with a drizzle of **oil** if needed.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Stir in the **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins, then remove from the heat.



Layer up the Dauphinoise

Sprinkle the remaining **cheese** on top of the **dauphinoise** and bake on the top shelf of your oven until golden brown and bubbly, 15-20 mins.

TIP: Put the dish onto a baking tray to catch any drips.

Meanwhile, wash up one of the (now empty) saucepans. Pour in the **water for the jus** (see pantry for amount), then bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium. Allow the **sauce** to bubble and thicken, stirring regularly, 5-6 mins, then set aside and cover with a lid or foil to keep warm.



Finish and Serve

When the **dauphinoise** is ready, remove from the oven and sprinkle over the **truffle zest**.

Slice your **steaks** widthways into 1cm slices and transfer to your plates. Spoon over the **red wine jus** (reheat first if needed).

Serve with the **truffled dauphinoise** and **garlicky green beans** alongside.

Enjoy!