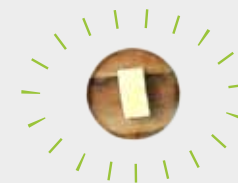




Sliced Beef & Herby Butter

with Mediterranean Fries

Look for this colour on your recipe kit!



Make a herby butter



Potato



Mediterranean Spice Blend



Brown Onion



Parsley



Garlic



Mild Curry Powder



Sweet Paprika



Beef Rump



Baby Spinach Leaves

Pantry Staples



Butter



Olive Oil



Hands-on: 35 mins
Ready in: 40 mins

Nothing says family night like a juicy beef rump topped with a decadent pat of herby butter. You'll be skipping the steakhouse and cooking at home a lot more often with this recipe in your back pocket!

BEFORE YOU — START

You will need: **chef's knife, chopping board, garlic crusher, two oven trays lined with baking paper, large frying pan, wooden spoon, medium bowl, tongs, plate, aluminium foil, kettle, large heatproof bowl** and a **colander**. Let's start cooking the **Sliced Beef & Herby Butter with Mediterranean Fries**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Remove the **butter** from the fridge and allow it to soften. Slice the **potato** (unpeeled) into 1 cm thick fries. Peel and crush the **garlic**.



2 BAKE THE FRIES

Place the **potato** fries on the oven trays lined with baking paper and toss in the **Mediterranean spice blend** and **1 tbs of olive oil**. Season with a **pinch of salt and pepper**. Bake for **20-25 minutes**, or until golden and tender.

TIP: Dividing the fries between the two oven trays to allow more space to ensure they cook evenly.



4 COOK THE BEEF

Season the **beef rump** with **salt and pepper** on both sides. Heat the **remaining olive oil** in the large frying pan over a medium-high heat. Add the beef and cook for **2-3 minutes** on each side. **TIP:** This will give you a medium steak, but cook for a little less time if you like it rare or a little longer for well done. Transfer the beef to a plate, cover with foil and rest for **5 minutes**. Thinly slice.



5 COOK THE SPINACH

While the beef is cooking, bring a full kettle of water to the boil. Add the **baby spinach leaves** to a large heatproof bowl. Cover with boiling water and blanch for **2 minutes**, or until wilted. Drain and return to the bowl.



3 PREP THE HERBY BUTTER

While the potato is cooking, finely chop the **brown onion** and **parsley** leaves. Heat **1 tbs of olive oil** in a large frying pan over a medium-high heat. Add the **brown onion** and cook for **4-5 minutes**, or until softened. Add the **garlic, mild curry powder** and **sweet paprika** (use the suggested amount of **spices**). Cook for **1 minute**, or until fragrant. Transfer the mixture to a medium bowl and add the chopped parsley and the softened **butter**. Season to taste with a **pinch of salt and pepper** and mix well.



6 SERVE UP

Divide the blanched spinach leaves between plates and top with the Mediterranean fries and sliced beef. Spoon over the herby butter.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
butter*	¼ cup (60 g)
potato	800 g
garlic	1 clove
Mediterranean spice blend	1 sachet (3 tsp)
olive oil*	3 tbs
brown onion	1
parsley	1 bunch
mild curry powder	1 pinch (¼ tsp)
sweet paprika	1 pinch (¼ tsp)
beef rump	1 packet
baby spinach leaves	1 bag

*Pantry Items | [Ingredient features in another recipe](#)

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2380kJ (568Cal)	508kJ (121Cal)
Protein (g)	39.9g	8.5g
Fat, total (g)	30.6g	6.5g
- saturated (g)	12.8g	2.7g
Carbohydrate (g)	30.8g	6.6g
- sugars (g)	4.0g	0.8g
Sodium (mg)	193mg	41mg

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