



21 Day Aged Rump Steak and Pesto Sauce

with Parmesan Smashed Potatoes, Pine Nuts and Rocket Salad

Premium 40-45 Minutes

30



21 Day Aged Rump Steaks



Salad Potatoes



Mixed Herbs



Pine Nuts



Baby Plum Tomatoes



Fresh Pesto



Parmigiano Reggiano



Wild Rocket



Balsamic Glaze

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

Baking tray, frying pan, bowl and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
21 Day Aged Rump Steaks**	2	3	4
Salad Potatoes	350g	500g	700g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Pine Nuts	15g	22g	30g
Baby Plum Tomatoes	125g	190g	250g
Fresh Pesto** (7)	32g	64g	64g
Parmigiano Reggiano** (7)	20g	30g	40g
Wild Rocket**	20g	40g	40g
Balsamic Glaze (14)	12ml	18ml	24ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	438g	100g
Energy (kJ/kcal)	2186 /522	499 /119
Fat (g)	21.0	4.8
Sat. Fat (g)	6.5	1.5
Carbohydrate (g)	41.9	9.6
Sugars (g)	7.2	1.6
Protein (g)	41.8	9.5
Salt (g)	0.77	0.17

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

Allergens

7) Milk 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, 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.

Contact

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Start the Potatoes

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.

Halve the **salad potatoes** widthways (halve any large ones again) and put them onto a baking tray.

Drizzle with **oil**, sprinkle over the **mixed herbs**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer, cut-side down.

When the oven is hot, roast the **potatoes** on the top shelf, 20 mins.



Get Smashing

Once the **potatoes** have been cooking for 20 mins, remove them from the oven.

Use the bottom of a bowl or pan to lightly crush each **potato half**.

Sprinkle over the **Parmigiano Reggiano**, drizzle with more **oil**, then return to the top shelf until crispy and golden, 10-15 mins.



Time to Toast

Meanwhile, heat a large frying pan on medium heat (no oil).

Once hot, add the **pine nuts** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily.

Once toasted, transfer to a small bowl - keep the pan, you'll use it again for the **steak**.



Fry your Steaks

Pop the (now empty) frying pan back on high heat with a drizzle of **oil**.

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.



Mix Things Up

Halve the **baby plum tomatoes** and pop them into a large bowl.

Drizzle over some **olive oil**, season with **salt** and **pepper**, then mix together. Set aside for now.

Pop the **pesto** into another small bowl. Loosen with a little **olive oil** until you get a nice drizzling consistency.



Rest and Serve

Once cooked, transfer the **steaks** 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.

When ready to serve, add the **rocket** and **pine nuts** to the bowl of **tomatoes** and toss together.

Thinly slice the **steaks**, then transfer them to your plates and drizzle over the **pesto**. Serve the **Parmesan potatoes** and **salad** on the side. Drizzle the **salad** with the **balsamic glaze** to finish.

Enjoy!