



# RUMP STEAK

with Chimichurri, Potato Wedges and Stir-Fried Runner Beans



## HELLO RED CHILLI

*The heat of chilli is measured in scovilles, named after Wilbur Scoville who invented the scale in 1912.*



Rump Steak



Potato



Red Onion



Runner Beans



Red Chilli



Basil



Flat Leaf Parsley



Mint



Olive Oil



Cider Vinegar

30 mins

2 of your 5 a day

Medium Heat

Here at HelloFresh, we love a bit of chimichurri. It's a word that rolls easily off the tongue for a sauce that tastes great on it. Although chimichurri comes from Argentina (where it's particularly popular with steak) the name has Basque origins. It means something like 'a bunch of things in no particular order'. We think you'll agree that when a combination is as delicious as this, the sequence really isn't important!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Peeler, Frying Pan** some **Foil** and some **Kitchen Paper**. Now, let's get cooking!



### 1 ROAST THE WEDGES

Take the **steak** out of your fridge so it can come to room temperature and preheat your oven to 200°C. Chop the **potato** into wedges about the size of your index finger (no need to peel). Halve, peel and thinly slice the **red onion** into half moons. Pop the wedges on a baking tray, drizzle with **oil** and season with **salt** and **black pepper**. Roast on the top shelf of your oven for 15 mins. Then turn and add the **onion**. Roast for another 15 mins.



### 2 PREP THE VEGGIES

Trim the tops and bottoms off the **runner beans**, remove the stringy edges (a peeler can be useful here) and chop into 2cm pieces. Halve the **chilli** lengthways, remove the seeds and finely chop. Finely chop the **basil** and **flat leaf parsley** (stalks and all). Pick the **mint leaves** from their stalks and finely chop (discard the **stalks**).



### 3 MAKE THE CHIMICHURRI

Pop the **basil**, **mint** and **parsley** in a small bowl. Add the **chilli** (use less if you don't like spice) and **olive oil** (amount specified in the ingredient list). Add a splash of the **cider vinegar** and season with **salt** and **black pepper**. Mix together, taste and add more **vinegar** if desired, then set aside.



### 4 FRY THE STEAK

Put a drizzle of **oil** in a frying pan on medium-high heat. Season each **steak** with a pinch of **salt** and **black pepper**. Once the pan is smoking hot, lay in the **steak** and cook for 2½ mins on each side, then remove to a board, cover with foil and rest for a few mins. **★ TIP:** We like our steak medium-rare but if you like yours less pink, give it 3½ mins on each side for medium or 5 mins on each side for well-done.



### 5 COOK THE BEANS

While the steak is resting, quickly wipe out your frying pan with some kitchen paper and pop it back on medium heat with a drizzle of **oil**. Add the **runner beans**, season with **salt** and **black pepper** and stir-fry until softened, 4-5 mins.



### 6 FINISH AND SERVE

Thinly slice the **steak**. **★ TIP:** Cutting it against the grain will make it more tender. Serve on plates with some **chimichurri** spooned on top and the **wedges** and **runner beans** on the side. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Rump Steak	2
Potato, chopped	1 pack
Red Onion, sliced	1
Runner Beans, chopped	1 pack
Red Chilli, chopped	½
Basil, chopped	1 bunch
Flat Leaf Parsley, chopped	1 bunch
Mint, chopped	1 bunch
Olive Oil*	4 tbsps
Cider Vinegar <sup>12)</sup>	1 tbsps

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	682	125
(kJ)	2885	528
Fat (g)	41	8
Sat. Fat (g)	9	2
Carbohydrate (g)	53	10
Sugars (g)	8	1
Protein (g)	32	6
Salt (g)	0.15	0.03

### ALLERGENS

<sup>12)</sup>Sulphites

### 👍 THUMBS UP OR THUMBS DOWN?

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