



SIMPLY SEARED STEAK

with Green Bean, Cherry Tomato & Roast Potato Salad



HELLO OREGANO

The name of this herb comes from the ancient Greek for 'joy of the mountains'. Isn't that nice?



Rump Steak



White Potato



Cherry Plum Tomatoes



Green Beans



Oregano



Green Olives



Garlic Clove



Balsamic Vinegar

Steak is always a treat, isn't it? Any day with a steak feels a bit special. The question is always what to have with it. Salad or potatoes? May we suggest you go for both in the form of this colourful, warm salad? We've added olives and the Mediterranean mountain twang of oregano to really raise the steaks!

35 mins

2 of your 5 a day

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Fine Grater** (or **Garlic Press**), **Frying Pan**, **Mixing Bowl** and some **Kitchen Paper**. Now, let's get cooking!



1 ROAST THE POTATO

Preheat your oven to 200°C. Before you start cooking, remove the **steak** from your fridge and allow it to come to room temperature. Chop the **potato** into roughly 1cm chunks (no need to peel!). Lay on a lined baking tray and drizzle over some **oil**. Season with **salt** and **pepper**, toss to coat and spread out evenly. Roast on the top shelf of your oven until crispy round the edges, 25-30 mins.



4 HEAT THE PAN

Wipe the pan clean with some kitchen paper and put on high heat, ready to cook the **steak**. Season the **steak** with a generous pinch of **salt** and **pepper**.



2 PREP THE VEGGIES

Meanwhile, halve the **cherry plum tomatoes**. Trim the tops from the **green beans**. Pick the **oregano leaves** from their stalks and roughly chop (discard the stalks). Roughly chop the **green olives**. Peel and grate the **garlic** (or use a garlic press).



5 SEAR THE STEAK

Add a splash of **oil** to the pan. When it's very hot, add the **steak**. Cook until nicely browned, 2½ mins on each side. **! IMPORTANT:** This will give you a medium-rare steak. If you want it cooked to medium, give it 1 minute more on each side. Set aside to rest for 5 mins.



3 COOK THE VEGGIES

Heat a glug of **oil** in a frying pan over medium-high heat. Add the **green beans** and cook, tossing occasionally, until soft, 4-6 mins. **★ TIP:** Add a little splash of water now and then to help the green beans steam and cook evenly. Season with **salt** and **pepper**. Add the **tomatoes** to the pan and cook for another 3 mins. Next add the **oregano** and **garlic** and cook for 1 minute more. Transfer to a mixing bowl.



6 FINISH AND SERVE

While the **steak** rests, assemble the **salad**. When the **roast potatoes** are ready, remove them from your oven and add them to the bowl with the **beans** and **tomatoes** along with the **olives** and **balsamic vinegar**. Stir together. Taste and add more **salt** and **pepper** if you feel it needs it. Slice the **steak** and serve alongside some of the warm **salad**. Drizzle over any juices from the pan. **Enjoy!**

2 PEOPLE INGREDIENTS

Rump Steak	2
White Potato, chopped	1 pack
Cherry Plum Tomatoes, halved	1 punnet
Green Beans, trimmed	1 pack
Oregano, chopped	1 bunch
Green Olives, chopped	30g
Garlic Clove, grated	1
Balsamic Vinegar ¹⁴⁾	1 tbsp

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 560G	PER 100G
Energy (kcal)	469	84
(kJ)	1962	350
Fat (g)	16	3
Sat. Fat (g)	6	1
Carbohydrate (g)	52	9
Sugars (g)	9	2
Protein (g)	32	6
Salt (g)	0.53	0.09

ALLERGENS

¹⁴⁾ Sulphites

Balsamic Vinegar: Wine Vinegar (Contains **Sulphites**), Concentrated Grape Must, Colour E150d.

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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