

Beef in Slow Roasted Tomato Butter Sauce

with smashed potatoes and salad

30 – 35 mins

20



Beef Rump



Baby Potatoes



Balsamic Glaze



Cherry Tomatoes



Salad Leaves



Garlic



Grated Italian Style Hard Cheese

Pantry Items: Oil, Butter, Salt, Pepper, Water



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Aluminium foil, baking sheet with baking paper, grater

Ingredients

	2P	4P
Beef Rump	250 g	500 g
Baby Potatoes	500 g	1000 g
Balsamic Glaze	2 sachets	4 sachets
Cherry Tomatoes	125 g	250 g
Salad Leaves	40 g	80 g
Garlic	1 unit	2 units
Grated Italian Style Hard Cheese	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	498.5 g	100 g
Energy (kJ/kcal)	2573.2 kJ/ 615 kcal	516.2 kJ/ 123.4 kcal
Fat (g)	27.9 g	5.6 g
Sat. Fat (g)	11.5 g	2.3 g
Carbohydrate (g)	53.8 g	10.8 g
Sugars (g)	10.4 g	2.1 g
Protein (g)	39.7 g	8 g
Salt (g)	0.8 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Cook the Potatoes

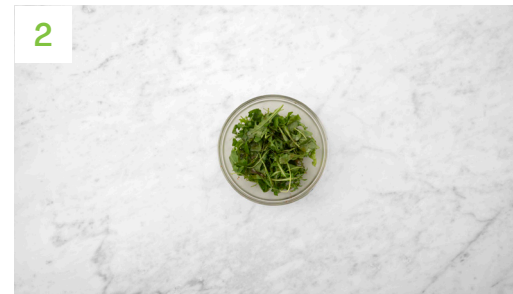
- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 3cm chunks.
- Pop onto a large (lined) baking tray.
- Toss with **salt**, **pepper** and a drizzle of **oil**. Spread out in a single layer.
- Roast on the top shelf of the oven for 20 mins.

TIP: Use two baking trays if necessary.



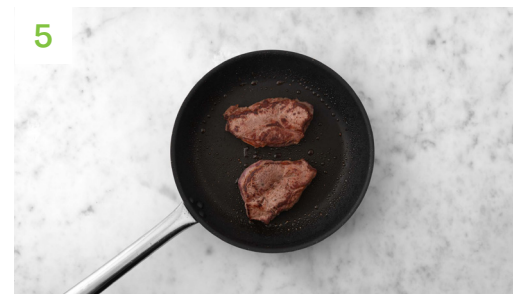
Smash the Potatoes

- When the **potatoes** have been cooking for 20 mins, remove from the oven.
- Using the bottom of a bowl or pan, press down on each **potato** to gently crush.
- Drizzle with more **oil** and sprinkle over the remaining **cheese**.
- Return to the top shelf of the oven until crispy and golden, 10-15 mins.



Make the Dressing

- Meanwhile, add **half** the **balsamic glaze** and **half** the **cheese** to a large bowl along with 1 tbsp **oil** (per 2P) and 3 tbsp **water** (per 2P).
- Mix together and season with **salt** and **pepper**, then set aside.
- Just before serving, toss the **salad leaves** through the dressing.



Pan-fry the Beef

- Place a pan over high heat with a drizzle of **oil**.
- Season **beef** with **salt** and **pepper**.
- Once the **oil** is hot, fry the **beef** until browned, 1-2 mins each side for medium-rare. Cook 1-2 mins more each side if you like it medium and a further 1-2 mins each side if you want it well-done.
- **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging. Meat is safe to eat when the outside is browned.
- Remove from pan, cover and allow to rest.



Slow Roast the Tomatoes

- Peel and grate the **garlic** (or use a garlic press).
- Halve the **tomatoes** and pop them onto a piece of foil. Season with **salt** and **pepper**.
- Add the **garlic**, remaining **balsamic glaze** and a knob of **butter** to the **tomatoes**.
- Fold the foil, sealing on all sides to create a parcel.
- Pop onto a baking tray and roast on the bottom shelf of the oven until softened, 15-20 mins.



Dish Up

- Once the **beef** has rested, thinly slice widthways.
- Share the **beef**, smashed **potatoes** and salad between plates.
- Gently stir the roasted **tomatoes** and their buttery juices together while still in the foil, then spoon over the **beef** to finish.

Enjoy!