



BBQ & Cherry-Glazed Steak

with Spiced Fries & Crunchy Apple Salad

Grab your Meal Kit with this symbol



Potato



All-American Spice Blend



Carrot



Apple



Cherry Sauce



BBQ Sauce



Beef Rump



Mixed Salad Leaves

Hands-on: **20-30 mins**
 Ready in: **35-45 mins**

Low Calorie

Round out the warmer months with this spectacular steak, drizzled with a sticky-sweet cherry and BBQ glaze. And for the real 'cherry' on top, we've added mildly-spiced fries and a tart apple salad for crunch and depth of flavour to boot!

Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
All-American spice blend	1 sachet	1 sachet
carrot	1	2
apple	½	1
cherry sauce	1 packet (40g)	2 packets (80g)
BBQ sauce	1 packet (40g)	1 packet (100g)
brown sugar*	½ tbs	1 tbs
water*	½ tbs	1 tbs
white wine vinegar*	1 tbs	2 tbs
beef rump	1 packet	1 packet
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2116kJ (505Cal)	372kJ (88Cal)
Protein (g)	37.2g	6.5g
Fat, total (g)	12.5g	2.2g
- saturated (g)	2.6g	0.5g
Carbohydrate (g)	58.8g	10.3g
- sugars (g)	27.1g	4.8g
Sodium (mg)	911mg	160mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the fries

SPICY! This is a mild spice blend, but if you are extra sensitive to heat, feel free to add less. Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the **fries** and **All-American spice blend** on an oven tray lined with baking paper. Season with **salt** and **pepper**, then drizzle with **olive oil**. Toss to coat and bake until tender, **20-25 minutes**.

TIP: Cut the potato to size so it cooks in time.



Get prepped

While the fries are baking, grate the **carrot**. Thinly slice the **apple** (see ingredients) into batons. In a small bowl, combine the **cherry sauce**, **BBQ sauce**, **brown sugar**, **water** and the **white wine vinegar**. Set aside.



Cook the steak

See Top Steak Tips (below) for extra info!

When the fries have **10 minutes** cook time remaining, heat a large frying pan over a high heat with a drizzle of **olive oil**. Season the **beef rump** on both sides with **salt** and **pepper**. When the oil is hot, cook the steak for **3-4 minutes** on each side for medium-rare or until cooked to your liking. Transfer to a plate to rest.



Cook the glaze

While the steak is resting, return the frying pan to a medium-high heat. Cook the **BBQ cherry glaze** until slightly reduced, **1 minute**. Remove from the heat.



Make the salad

In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**, then season with **salt** and **pepper**. Add the **mixed salad leaves**, **carrot** and **apple**. Toss to combine.



Serve up

Slice the steak. Divide the spiced fries, apple salad and steak between plates. Pour the BBQ cherry glaze over the steak.

Enjoy!

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.