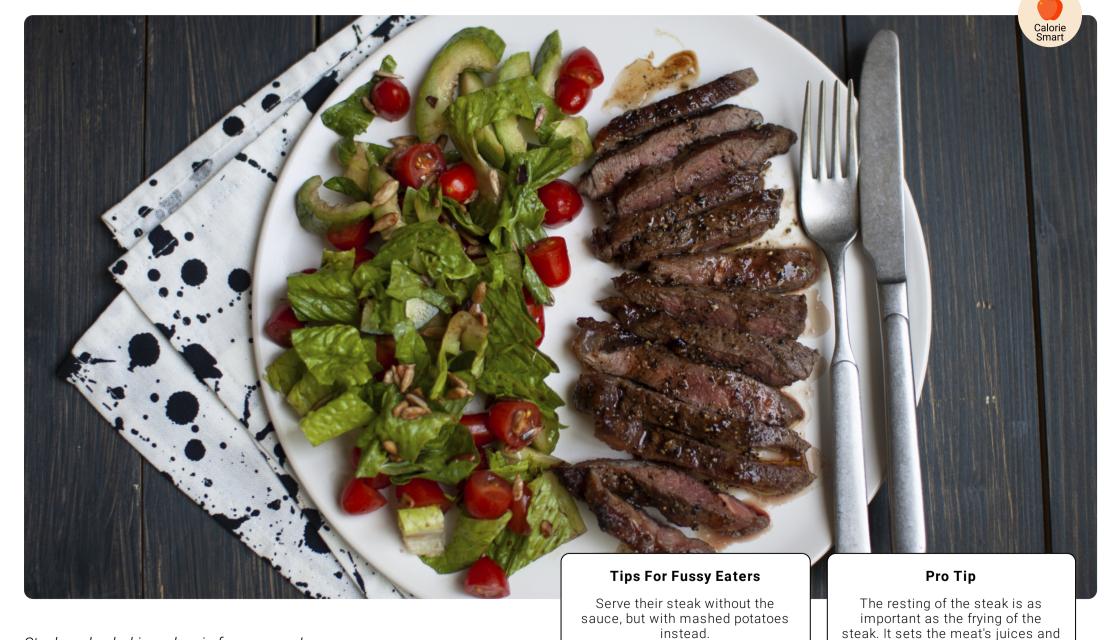


Honey and Mustard Glazed Rump Steak

with Fresh Salad



Steak and salad is a classic for a reason!

Cooking Time: 20 min | Gluten-Free | Dairy-Free Cals 408 | Prot 48 | Carbs 17 | Fat 17 allows the fibers to relax, leaving the end result more tender and

your plate less messy.

Ingredients

For 2 For 3 For 4

Steaks

Rump steak	400	600	800	Grams
Dijon mustard	6	9	12	Grams
Honey	15	15	30	Grams
Apple cider vinegar	15	22	30	ML
Olive oil	2	3	4	Tbsp
Salt	1	2	2	Tsp
Black pepper	1	1	2	Tsp

Salad

Romaine lettuce	200	300	400	Grams
Cucumber	1	2	2	Pieces
Cherry tomatoes	150	250	300	Grams
Sunflower seeds	20	30	40	Grams
Olive oil	2	3	4	Tbsp
Balsamic vinegar	15	22	30	ML
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp



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1 Prep steaks

Remove the steaks from the fridge 20-30 min prior to cooking. This will allow them to reach room temperature. In a small bowl, combine the **Dijon mustard**, honey and apple cider vinegar. Mix well and set aside.



2 Prep salad

Wash and chop the Romaine lettuce and **cucumber**. Halve the **cherry** tomatoes. Toast the sunflower seeds in a hot, dry pan for 2 min until lightly browned. Transfer to a plate and set aside, reserve the pan.



3 Start steaks

Pat the steaks dry with kitchen paper. Return the pan to a high heat with a drizzle of **oil**. Once hot, add the steaks and fry them for 2-3 min on each side or until cooked to your liking.





4 Finish steaks

Add the **mustard** and **honey** mixture to the pan and cook for 30 sec further or until the sauce has reduced. Transfer the steaks to a plate and leave them to rest for 5-10 min. Spoon the sauce from the pan over the steaks. Season the steaks generously with salt and pepper.

5 Salad

In a salad bowl, toss the **Romaine** lettuce. cucumber and tomatoes with the toasted **sunflower seeds**. Once ready to serve, drizzle with the **olive** oil and balsamic vinegar. Season with salt and pepper.

6 Serve

Divide the **salad** among plates. Slice the rested steaks and serve alongside.