

# Rump Steak and Sweet Potato Fries

## with Avocado Cream

**hellóchef**

It doesn't get more decadent than avocado enriched with butter!

Cals 703 • Prot 47 • Carbs 55 • Fat 36

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 35 min

R3071



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

| Steak                 | 2 ppl | 3 ppl | 4 ppl |       |
|-----------------------|-------|-------|-------|-------|
| Rump steak            | 400   | 600   | 800   | Grams |
| Smoked paprika powder | 2     | 2     | 4     | Grams |
| Salt                  | 0.5   | 1     | 1     | Tsp   |
| Vegetable oil         | 1     | 1     | 2     | Tbsp  |
| Fries                 |       |       |       |       |
| Sweet potatoes        | 400   | 600   | 800   | Grams |
| Vegetable oil         | 1     | 1     | 2     | Tbsp  |
| Salt                  | 0.5   | 1     | 1     | Tsp   |
| Avocado               |       |       |       |       |
| Butter 4*             | 20    | 20    | 50    | Grams |
| Avocado               | 1     | 1     | 2     | Piece |
| Garlic cloves         | 1     | 1     | 1     | Piece |
| Lime                  | 1     | 1     | 2     | Piece |
| Salt                  | 0.5   | 0.5   | 1     | Tsp   |
| Black pepper          | 0.5   | 0.5   | 1     | Tsp   |
| Flaky sea salt        | 2     | 2     | 4     | Grams |

Allergens

\*4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

| Nutritional information | Per Serving* |
|-------------------------|--------------|
| Energy (kJ/kcal)        | 2938 / 703   |
| Fat (g)                 | 35.9         |
| of which saturates (g)  | 11.7         |
| Carbohydrate (g)        | 55           |
| of which sugars (g)     | 10.2         |
| Fiber (g)               | 15.5         |
| Protein (g)             | 46.6         |
| Salt (g)                | 0.6          |

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Bake fries

Preheat the oven to 200°C/180°C fan. Remove the **butter** and **steak** from the fridge. Slice the **sweet potatoes** (skins on) into fries. Add the **fries** to a large baking tray with a drizzle of **vegetable oil**. Toss. Sprinkle with a generous pinch of **salt**. Roast for 30 min or until golden and crisp.



2 Season steak

Meanwhile, add the **smoked paprika** to a plate with a generous pinch of **salt**. Pat the steaks dry with kitchen paper. Turn the steaks in the **smoked paprika** and set aside.



3 Prep avo

Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then chop it into chunks. Peel and grate {0.5/0.5/1} **garlic cloves**. Halve the **limes**.



4 Blitz avo

Place the **avocado**, soft **butter**, **garlic**, **salt** and **pepper** in a food processor. Squeeze the **lime** juice directly into the food processor. Blitz until smooth.



5 Fry steak

Heat a pan with a drizzle of **oil** over a high heat. Once very hot, add the steaks and fry them for 2-4 min on each side or until cooked to your liking. Transfer the steaks to a plate and leave them to rest for 5 min.



6 Serve

Serve the rested **steak** with the **avocado cream** and **sweet potato fries** on the side. Sprinkle the **flaky sea salt** over the **avocado** and **fries**.