## **Rump Steak and Sweet Potato Fries**

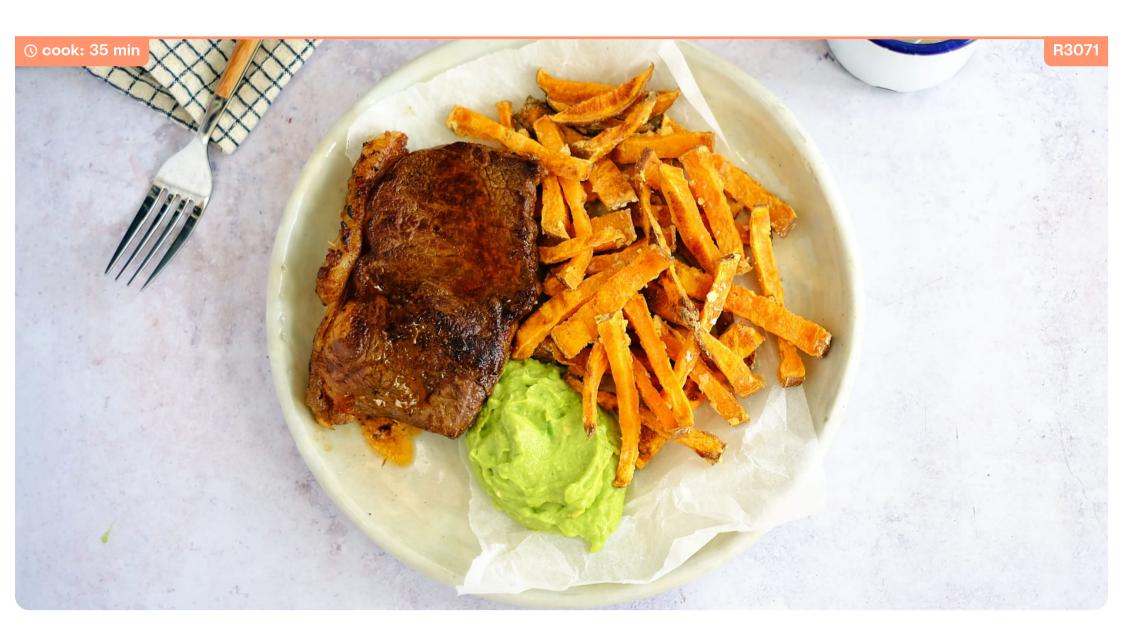
with Avocado Cream

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

# helló chef

Cals 703 • Prot 47 • Carbs 55 • Fat 36

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#### Before you start

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

#### Ingredients

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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**.