



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

BEEF RUMP WITH CAPONATA AND CRUSHED POTATOES



PREP
10 min



COOK
25 min



SERVES
6

INGREDIENTS:

- > 1 Whole Rump Cap
- > 1 Punnet Sweet Delight Tomatoes
- > 1 Eggplant
- > 1 Packet Peeled Whole Potatoes
- > 1 Punnet Baby Spinach
- > Tub Cream 300ml

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil

METHOD - GET COOKING!



1 **Cut potatoes** into quarters, making sure they are all around the same size. **Place** them **into** a large **pot with salted water** and **bring to the boil**, cook for 25 mins until soft.

Cut the **eggplant** into 2cm cubes and cut the **tomatoes** in half.

Remove the beef from the packaging and cut away the excess fat. **Cut beef** into 3 cm thick steaks and **season** with salt and pepper.



2 In a large frying pan on a high heat, **drizzle** 1 tbsp of **olive oil** and **sear** the **steaks** for approx. 3-4 mins on each side plus 1 min on the fat side.

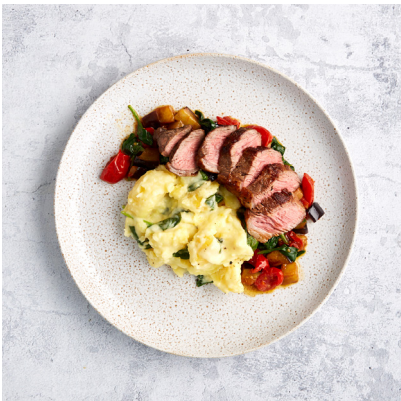
Remove from the **pan** and **let rest** for at least 10 mins before slicing.

In the same frying pan that was used for the steak, **add** the **eggplant** and **cook** for approx. 4 mins on a high heat.



3 **Add** the **tomatoes** and half of the **spinach leaves** and cook for a further 2-3 mins until softened. **Season**, remove from the heat and **set aside**.

Drain the **potatoes** and **add** the **cream** into the pot. **Bring** the cream **to the boil** and **place** the **potatoes** **back** into the pot to **cook** for 4 mins. Add the remaining spinach, roughly mash the potatoes and season with salt and pepper. Mix well until cream is evenly combined over the potatoes.



4 **Slice** the **rested steaks** and **serve with** the **caponata** and **crushed potatoes**.

ABOUT YOUR LEFTOVER INGREDIENTS...

- This recipe makes around 6 serves. Save the leftovers for lunch the next day or create a caponata bruschetta using sourdough toast. The leftover steak can be added into sandwiches or salads.



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au