



# Peppercorn Steak & Creamy Mushroom Sauce with Herby Parmesan Mash & Lemon Green Beans

PUB BISTRO

KID FRIENDLY

Grab your Meal Kit with this symbol



Parsley



Potato



Grated Parmesan Cheese



Portabello Mushrooms



Green Beans



Lemon



Black Peppercorns



Beef Rump



Chicken-Style Stock Powder



Cream

### Recipe Update

Unfortunately, this week's chives were in short supply, so we've replaced them with parsley. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 30-40 mins  
Ready in: 40-50 mins

Tender perfection, roasted and flavourful, that's how people will describe this dinner once they're done licking the plates. Peppercorn beef steak is only the beginning with its warming magic, paired with a mushroom sauce and a fluffy cheesy parsley mash for a shot of flavour. Tonight's dinner will have the aftertaste of satisfaction.

### Pantry items

Olive Oil, Butter, Milk



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
parsley	1 bag	1 bag
potato	2	4
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
grated Parmesan cheese	1 medium packet	1 large packet
portabello mushrooms	2	4
green beans	1 bag (200g)	1 bag (400g)
lemon	½	1
black peppercorns	1 sachet	2 sachets
beef rump	1 packet	1 packet (or 2 packets)
chicken-style stock powder	1 medium sachet	1 large sachet
cream	½ packet (125ml)	1 packet (250ml)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4374kJ (1045Cal)	572kJ (137Cal)
Protein (g)	48.9g	6.4g
Fat, total (g)	74.4g	9.7g
- saturated (g)	48.2g	6.3g
Carbohydrate (g)	41.7g	5.5g
- sugars (g)	18.7g	2.4g
Sodium (mg)	752mg	98mg

The quantities provided above are averages only.

## Allergens

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

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

1



## Make the mash

- Boil the kettle. Finely chop **parsley** leaves. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks. Cook in boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain and return to pan. Add the **butter, milk** and **grated Parmesan cheese** to the **potato**. Mash until smooth.
- Add **parsley** and stir to combine. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!

**Little cooks:** Get those muscles working and help mash the potatoes!

4



## Cook the steak

- See Top Steak Tips (below) for extra info!**
- Return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

### Top Steak Tips!

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

2



## Get prepped

- While the potatoes are cooking, thinly slice **portabello mushrooms**. Trim **green beans**. Zest **lemon** and slice into wedges. Crush **black peppercorns** in a pestle and mortar, or in their sachet using a rolling pin.
- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- SPICY!** Peppercorns can be spicy, use less if you're sensitive to heat! Place crushed **peppercorns** in a shallow dish. Dip each side of the **beef rump** in the **peppercorns**, pressing to coat. Season with **salt**.

**TIP:** Pounding the beef ensures that it's extra tender once cooked.

5



## Make the mushroom sauce

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **mushrooms** until browned and softened, **5-6 minutes**.
- Add **chicken-style stock powder** and **cream (see ingredients)** and cook, until slightly reduced, **1-2 minutes**.

3



## Cook the green beans

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans** and cook until tender, **4-5 minutes**.
- Add **lemon zest** and a squeeze of **lemon juice** and season. Transfer to a plate and cover to keep warm.

6



## Serve up

- Slice peppercorn steak.
- Divide steak, herby Parmesan mash and lemon green beans between plates.
- Pour creamy mushroom sauce over steak. Serve with any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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