



# Worcestershire Beef Rump & Crushed Veggies

with Apple Salad & Peppercorn Hollandaise

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic



Apple



Black Peppercorns



Beef Rump



Worcestershire Sauce



Hollandaise



Mixed Salad Leaves



Beef Rump

Prep in: 20-30 mins  
Ready in: 25-35 mins



Carb Smart\*

\*Custom Recipe is not Carb Smart

It's the sauce no one can pronounce but we love it all the same. Add Worcestershire sauce to the pan to soak into the tender beef rump, then pour over a peppery hollandaise to bring the flavours to bursting. Trust us, it does taste as good as it sounds (even if it's a struggle to say out loud)!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)



## 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
potato	1	2
carrot	2	4
garlic	3 cloves	6 cloves
apple	1	2
black peppercorns	½ sachet	1 sachet
beef rump	1 packet	1 packet (or 2 packets)
Worcestershire sauce	1 medium packet	1 large packet
hollandaise	1 medium packet	2 medium packets
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
beef rump**	1 packet	1 packet (or 2 packets)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1875kJ (448Cal)	355kJ (85Cal)
Protein (g)	36.5g	6.9g
Fat, total (g)	17.7g	3.4g
- saturated (g)	5.2g	1g
Carbohydrate (g)	36.1g	6.8g
- sugars (g)	17.6g	3.3g
Sodium (mg)	434mg	82mg
Dietary Fibre (g)	9.5g	1.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2689kJ (642Cal)	397kJ (94Cal)
Protein (g)	68.4g	10.1g
Fat, total (g)	25.2g	3.7g
- saturated (g)	9.2g	1.4g
Carbohydrate (g)	36.1g	5.3g
- sugars (g)	17.6g	2.6g
Sodium (mg)	507mg	75mg

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.

## We're here to help!

Scan here if you have any questions or concerns

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## Make the crushed veggies

- Boil the kettle. Half-fill a medium saucepan with boiling water. Peel **potato** and **carrot**, then cut both into large chunks.
- Cook **potato** and **carrot** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**.
- Meanwhile, finely chop **garlic**.
- Drain the **veggies** and set aside. Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook half the **garlic** until fragrant, **1 minute**.
- Remove from heat, return **veggies** to the pan, season generously with **salt** and toss to coat. Lightly crush with a fork, then cover to keep warm.

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## Cook the beef & sauce

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking.
- Remove pan from heat, then add **Worcestershire sauce** and gently turn **beef** to coat. Transfer to a plate to rest.
- While the beef is resting, wipe out the frying pan, then return to medium heat with a drizzle of **olive oil**. Cook **peppercorns** and remaining **garlic** until fragrant, **1 minute**. Remove pan from heat, then add **hollandaise** and a splash of **water**. Stir to combine and season to taste.

**Custom Recipe:** If you've doubled your beef rump, cook in batches for the best result.

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## Get prepped

- Meanwhile, thinly slice **apple**.
- Crush **black peppercorns** (see ingredients) with 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.
- Generously season each side of the **beef** with **salt** and **pepper**.

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

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## Serve up

- In a medium bowl, combine a drizzle of **vinegar** and olive oil. Season, then add **mixed salad leaves** and apple, tossing to coat.
- Slice the beef rump.
- Divide Worcestershire beef rump, crushed veggies and apple salad between plates.
- Spoon peppercorn hollandaise sauce over beef to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)