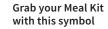


Worcestershire Beef Rump & Crushed Veggies

with Apple Salad & Peppercorn Hollandaise

DIETITIAN APPROVED

















Beef Rump

Black Peppercorns



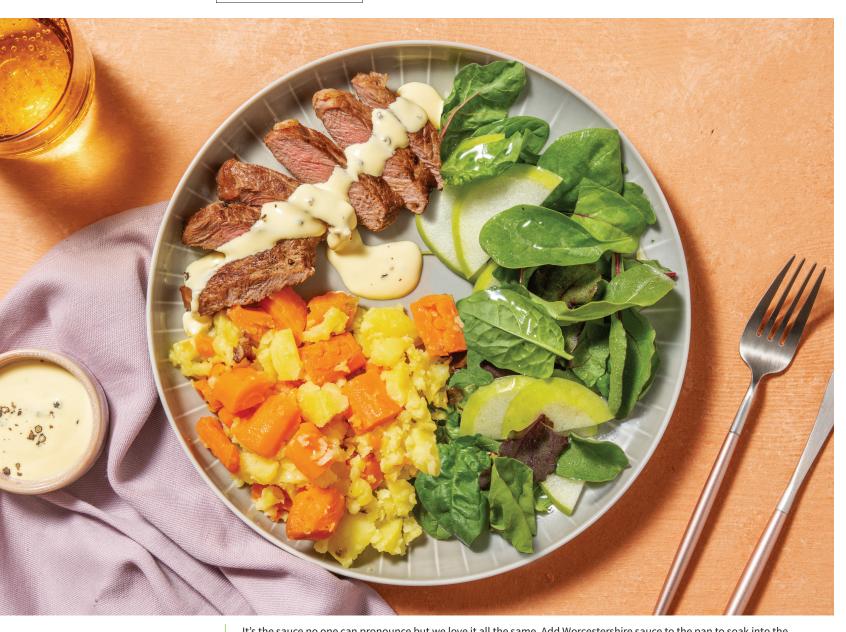
Worcestershire Sauce



Mixed Salad Leaves



Hollandaise



good as it sounds (even if it's a struggle to say out loud)!



Prep in: 20-30 mins

Ready in: 25-35 mins

*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

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

9				
	2 People	4 People		
olive oil*	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		
vinegar* (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 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





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.



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.



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.



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
- Spoon peppercorn hollandaise sauce over beef to serve. Enjoy!

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