



Balsamic & Parsley Beef Steak

with Sautéed Veggies & Mash

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Baby Broccoli



Parsley



Beef Rump



Beef Rump

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart*
**Custom Recipe is not Calorie Smart*

There is something so comforting about the aroma of caramelised butter, parsley and vinegar bubbling in a pan. Completely mouth-watering to say the least. Drizzled over tender steak, atop a mound of creamy potato mash – what’s not to love?

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

Pantry items

Olive Oil, Milk, Butter, Balsamic Vinegar, Brown Sugar

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 |
|--------------------------|-----------------|--------------------------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| milk* | ¼ cup | ½ cup |
| salt* | ¼ tsp | ½ tsp |
| butter* | 40g | 80g |
| garlic | 1 clove | 2 cloves |
| carrot | 1 | 2 |
| baby broccoli | 1 bag | 2 bags |
| parsley | 1 bag | 1 bag |
| beef rump | 1 small packet | 2 small packets OR 1 large packet |
| balsamic vinegar* | 2½ tbs | ½ cup |
| warm water* | ¼ cup | ½ cup |
| brown sugar* | ½ tbs | 1 tbs |
| beef rump** | 1 small packet | 2 small packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2578kJ (616Cal) | 437kJ (104Cal) |
| Protein (g) | 40.9g | 6.9g |
| Fat, total (g) | 29.8g | 5g |
| - saturated (g) | 15.7g | 2.7g |
| Carbohydrate (g) | 45.6g | 7.7g |
| - sugars (g) | 21.1g | 3.6g |
| Sodium (mg) | 472mg | 80mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3392kJ (811Cal) | 458kJ (109Cal) |
| Protein (g) | 72.8g | 9.8g |
| Fat, total (g) | 37.3g | 5g |
| - saturated (g) | 19.7g | 2.7g |
| Carbohydrate (g) | 45.6g | 6.2g |
| - sugars (g) | 21.1g | 2.9g |
| Sodium (mg) | 546mg | 74mg |

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

2023 | CW43



1



Make the mash

- Bring a medium saucepan of lightly salted water to the boil. Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**. Drain and return **potato** to the saucepan.
- Add the **milk**, **salt** and half the **butter** and mash until smooth. Cover to keep warm.

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**.
- Season both sides of **beef rump** with **salt** and **pepper**.
- When the oil is hot, cook **beef rump** for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

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

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 potato is cooking, finely chop **garlic**. Thinly slice **carrot** into half-moons. Halve **baby broccoli** lengthways. Roughly chop **parsley**.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **baby broccoli** until just tender, **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.

5



Make the sauce

- While the steak is resting, return the frying pan to medium heat. Add the **balsamic vinegar**, **warm water**, **parsley**, the **brown sugar** and remaining **butter**. Season with **salt** and **pepper**.
- Bring to the boil, then reduce heat to low and cook, stirring, until slightly thickened, **2-3 minutes**.
- Stir through the **steak resting juices**, then remove from the heat.

6



Serve up

- Slice the steak.
- Divide veggies, steak and mash between plates. Spoon balsamic sauce over the steak to serve. Enjoy!

Rate your recipe

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