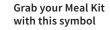
# Balsamic & Parsley Beef Steak

with Sautéed Veggies & Mash

KID FRIENDLY













Carrot

Baby Broccoli









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?

**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

## **Inaredients**

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
milk*	1/4 cup	½ cup
salt*	1/4 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	⅓ cup
warm water*	1/4 cup	½ cup
brown sugar*	½ tbs	1 tbs
beef rump**	1 small packet	2 small packets OR 1 large packet

<sup>\*</sup>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.



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#### 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!



# Get prepped

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



## 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.



## 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.



## 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.



## Serve up

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

#### **Top Steak Tips!**

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



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