



# Beef Rump & Garlic-Peppercorn Butter

with Garlicky Veggies & Mash

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Black Peppercorns



Garlic



Asparagus



Onion



Carrot



Beef Rump



Flaked Almonds



Beef Rump

Prep in: 30-40 mins  
Ready in: 35-45 mins

Simple and sensational – they're the buzzwords for tonight's dinner. A tender cut of beef rump with a punchy fragrant butter, cooked with garlic and peppercorns, fluffy mash and nutty veggies combine to make a special meal that'll have you buzzing too!

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

### 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

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b> (for the mash)	30g	60g
<b>milk*</b>	2 tbs	¼ cup
black peppercorns	½ sachet	1 sachet
garlic	3 cloves	6 cloves
<b>butter*</b> (for the sauce)	30g	60g
asparagus	1 bunch	2 bunches
onion	1 (medium)	1 (large)
carrot	1	2
beef rump	1 small packet	2 small packets OR 1 large packet
flaked almonds	1 packet	2 packets 2 small packets OR 1 large packet
beef rump**	1 small packet	

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2943kJ (703Cal)	456kJ (109Cal)
Protein (g)	42.3g	6.5g
Fat, total (g)	40.2g	6.2g
- saturated (g)	21.3g	3.3g
Carbohydrate (g)	44g	6.8g
- sugars (g)	17.1g	2.6g
Sodium (mg)	248mg	38mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3757kJ (898Cal)	472kJ (113Cal)
Protein (g)	74.2g	9.3g
Fat, total (g)	47.7g	6g
- saturated (g)	25.3g	3.2g
Carbohydrate (g)	44g	5.5g
- sugars (g)	17.1g	2.1g
Sodium (mg)	321mg	40mg

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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1



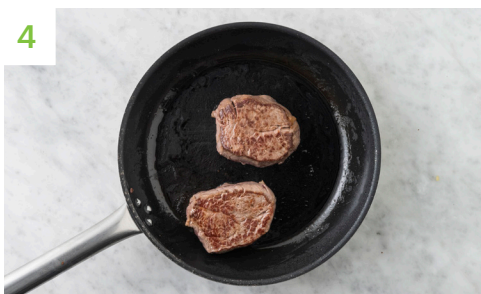
## Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**. Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add **butter (for the mash)** and the **milk** to potato and season with **salt**. Mash until smooth. 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

- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- Return 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.

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

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

2



## Make the peppercorn butter

- While the potato is cooking, lightly crush **black peppercorns (see ingredients)** with a mortar and pestle or in their sachet using a rolling pin. Finely chop **garlic**.
- In a small microwave-safe bowl, add **butter (for the sauce)**, **peppercorns** and half the **garlic**, then microwave in **10 second** bursts, until melted. Season with **salt** and set aside.

3



## Get prepped

- Trim ends of **asparagus**. Cut **onion** into wedges. Thinly slice **carrot** into sticks. Season **beef rump** on both sides with **salt** and **pepper**.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.

5



## Cook the garlicky greens

- While the steak is resting, return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **asparagus, onion** and **carrot**, tossing, until softened, **4-5 minutes**. Add a dash of **water** to the pan to help veggies cook.
- Add remaining **garlic** and cook until fragrant, **1-2 minutes**. Season and toss to combine.

6



## Serve up

- Slice seared steak.
- Divide mash, steak and garlicky greens between plates. Spoon over garlic-peppercorn butter and any steak resting juices.
- Garnish garlicky veggies with toasted almonds. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the almonds!

## Rate your recipe

Did we make your tastebuds happy?

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