



# Beef Rump & Peppercorn Gravy

with Veggie Mash & Tomato Salad

KID FRIENDLY

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Potato



Carrot



Tomato



Garlic



Black Peppercorns



Beef Rump



Gravy Granules



Mixed Salad Leaves



Chicken Breast

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

Eat Me Early\*  
\*Custom Recipe only

Calorie Smart

There are some hidden gems in tonight's dinner. The juicy beef rump has been coated in a rich peppercorn gravy; it makes for an easy way to a decadent dish. And this isn't any ordinary mash, we've added carrot and garlic to bring it to the next level. Your taste buds will be spoilt for choice!

**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	2	4
carrot	1	2
tomato	1	2
garlic	2 cloves	4 cloves
black peppercorns	1 sachet	2 sachets
beef rump	1 small packet	2 small packets OR 1 large packet
gravy granules	1 sachet	2 sachets
<b>boiling water*</b>	½ cup	1 cup
mixed salad leaves	1 medium bag	1 large bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1888kJ (451Cal)	361kJ (86Cal)
Protein (g)	38.7g	7.4g
Fat, total (g)	13g	2.5g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	44.6g	8.5g
- sugars (g)	16.5g	3.2g
Sodium (mg)	478mg	91mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1819kJ (435Cal)	342kJ (82Cal)
Protein (g)	39.9g	7.5g
Fat, total (g)	10.7g	2g
- saturated (g)	2.3g	0.4g
Carbohydrate (g)	45.4g	8.5g
- sugars (g)	16.5g	3.1g
Sodium (mg)	504mg	95mg

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 veggie mash

- Bring a medium saucepan of salted water to the boil.
- 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**.
- Drain and return **veggies** to pan with a drizzle of **olive oil**. Mash until smooth and season generously with **salt**. Cover to keep warm.

**Little cooks:** Get those muscles working and help mash the veggies!

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## Make the sauce

- While the beef is resting, return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **garlic** and **peppercorns** until fragrant, **1 minute**.
- In a medium heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people). Whisk, until smooth, **1 minute**.
- Add **garlic** and **peppercorn oil** to the bowl with **gravy** and stir to combine.

2



## Get prepped

- While veggies are cooking, cut **tomato** into thin wedges. Finely chop **garlic**. Boil the kettle.
- SPICY!** *Peppercorns can be spicy, use less if you're sensitive to heat!* Crush **black peppercorns** 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.

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

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks.

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## Toss the salad

- In a large bowl, combine **tomato**, **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.

3



## Cook the beef

- 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.
- Transfer to a plate, cover and leave to rest, **5 minutes**.

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken until cooked through, 3-5 minutes each side.

6



## Serve up

- Slice seared beef rump.
- Divide beef rump, veggie mash and tomato salad between plates.
- Top beef with peppercorn gravy. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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