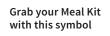


Beef Rump & Peppercorn Gravy with Veggie Mash & Tomato Salad

KID FRIENDLY

DIETITIAN APPROVED













Black Peppercorns

Beef Rump



Gravy Granules



Leaves





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

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!



Pantry items

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

ingi edients				
	2 People	4 People		
olive oil*	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		
boiling water*	½ cup	1 cup		
mixed salad leaves	1 medium bag	1 large bag		
vinegar* (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 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!



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.



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.



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.



Toss the salad

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



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

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