



# Southern-Style Steak & Mustard Sauce

with Mash & Onion Gravy

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Parsnip



Beetroot



Onion



Potato



Beef Rump



All-American Spice Blend



Dijon Mustard



Beef Rump

Prep in: 30-40 mins  
Ready in: 40-50 mins

Long after you finish this dinner of steak and three veg, you're going to remember the way it was transformed by the simple addition of a luscious mustard sauce. It's an easy trick that gives this classic dish a new lease on life.

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

### Pantry items

Olive Oil, Butter, Milk, Plain Flour, 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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
parsnip	1	2
beetroot	1	2
onion	½	1
potato	2	4
<b>butter*</b> (for the mash)	40g	80g
<b>milk*</b>	2 tbs	¼ cup
beef rump	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
<b>butter*</b> (for the sauce)	20g	40g
<b>plain flour*</b>	1 tsp	2 tsp
<b>water*</b>	½ cup	1 cup
<b>brown sugar*</b>	1 tsp	2 tsp
dijon mustard	1 medium packet	1 large packet
beef rump**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2972kJ (710Cal)	431kJ (103Cal)
Protein (g)	41.9g	6.1g
Fat, total (g)	31.9g	4.6g
- saturated (g)	19.2g	2.8g
Carbohydrate (g)	64.8g	9.4g
- sugars (g)	32.1g	4.7g
Sodium (mg)	1128mg	164mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3786kJ (904Cal)	451kJ (107Cal)
Protein (g)	73.8g	8.8g
Fat, total (g)	39.4g	4.7g
- saturated (g)	23.2g	2.8g
Carbohydrate (g)	64.8g	7.7g
- sugars (g)	32.1g	3.8g
Sodium (mg)	1201mg	143mg

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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## Get prepped

- Preheat oven to **240°/220°C fan-forced**. Boil the kettle.
- Cut **carrot** and **parsnip** into bite-sized chunks. Cut **beetroot** into 1cm chunks. Thinly slice **onion** (see ingredients).



## Cook the steak

- See '**Top Steak Tips**' (below). Place **beef rump** between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened.
- In a medium bowl, combine **All-American spice blend** and a drizzle of **olive oil**. Add the **beef** and turn to coat.
- 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 to rest.

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

### 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.



## Roast the veggies

- Place **carrot**, **parsnip** and **beetroot** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



## Make the onion gravy

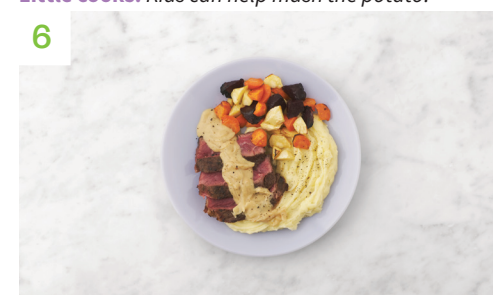
- While the steak is resting, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **onion** until tender, **4-5 minutes**. Add the **butter (for the sauce)** and the **plain flour** and cook until onion is well coated, **1-2 minutes**.
- Reduce heat to medium, then add the **water**, **brown sugar**, **dijon mustard** and any **steak resting juices**. Cook, stirring, until sauce has thickened, **2-3 minutes**. Season to taste.



## Make the mash

- Meanwhile, half-fill a medium saucepan with boiling water.
- Peel **potato** and cut into large chunks. Cook **potato** in boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**. Drain and return to the saucepan.
- Add the **butter (for the mash)**, the **milk** and a pinch of **salt**, then mash with a potato masher or fork until smooth. Cover to keep warm.

**Little cooks:** Kids can help mash the potato!



## Serve up

- Slice the steak.
- Divide mash, steak and roasted veggies between plates.
- Spoon over onion gravy to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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