



Classic Beef Rump & Twice-Cooked Potatoes

with Mushroom Gravy & Lemony Green Bean Salad

TASTE TOURS

Grab your meal kit with this number

24



Potato



Green Beans



Button Mushrooms



Lemon



Garlic



Rosemary



Gravy Granules



Beef Rump



Worcestershire Sauce



Baby Leaves

Prep in: 20-30 mins
Ready in: 40-50 mins

Calorie Reduced

Does it get more classic than steak and potatoes? We don't think so. This one is amped up with twice-cooked potatoes for an extra crispy crunch, and a hearty mushroom gravy poured on as liberally as you please. There'll be a line out the door for this meal.

Pantry items

Olive Oil, Butter, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
green beans	1 small packet	1 medium packet
button mushrooms	1 medium packet	1 large packet
lemon	½	1
garlic	2 cloves	4 cloves
rosemary	2	4
butter*	20g	40g
gravy granules	1 sachet	2 sachets
boiling water*	½ cup	1 cup
beef rump	1 medium packet	2 medium packets OR 1 large packet
Worcestershire sauce	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
honey*	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1986kJ (475Cal)	319kJ (76Cal)
Protein (g)	42.2g	6.8g
Fat, total (g)	13.8g	2.2g
- saturated (g)	4.9g	0.8g
Carbohydrate (g)	39.4g	6.3g
- sugars (g)	8.4g	1.4g
Sodium (mg)	536mg	86mg
Dietary Fibre (g)	9.6g	1.5g

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.

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



1



Start the potatoes

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Cut **potato** into large chunks. Trim and halve **green beans**.
- Half-fill a medium saucepan with boiling water, then add a pinch of **salt**. Cook **potato** in the boiling water, over high heat, for **7 minutes**.
- Place a colander or steamer basket on top and add **green beans**. Cover and steam until beans are tender, and potatoes are easily pierced with a fork, **6-7 minutes**.

4



Cook the rump

- See '**Top Steak Tips**' (left). Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season on both sides with **salt** and **pepper**.
- 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.

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

2



Get prepped

- Meanwhile, thinly slice **button mushrooms**. Slice **lemon** into wedges. Finely chop **garlic**. Pick **rosemary** leaves.
- To a small microwave-safe bowl, add **garlic** and the **butter** and microwave in **10 second** bursts until melted.
- In a medium bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.

5



Make the mushroom gravy

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **mushrooms** until browned and softened, **8-10 minutes**.
- Remove pan from heat, add **Worcestershire sauce**, **gravy** and a splash of **water**, and stir to combine. Season generously with **pepper**.
- To the bowl with the **beans**, add **baby leaves**, a squeeze of **lemon juice**, the **honey** and a drizzle of **olive oil**. Season to taste.

3



Roast the potatoes

- Drain **potatoes** and transfer **green beans** to a serving bowl. Transfer **potatoes** to a lined oven tray.
- Drizzle with **olive oil** and sprinkle with **rosemary**. Season generously with **salt** and **pepper**, and toss to coat.
- Spread out evenly and pour over **garlic butter**, then roast until tender, **20-25 minutes**.

6



Serve up

- Slice the beef.
- Bring everything to the table. Serve up beef rump, twice-cooked potatoes, mushroom gravy and green bean salad. Enjoy!

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