



Seared Beef Rump & Dijon Onion Gravy

with Mash & Roasted Root Veggies

KID FRIENDLY

Grab your meal kit with this number

13



Beetroot



Onion



Peeled Pumpkin Pieces



Potato



Beef Rump



All-American Spice Blend



Dijon Mustard



Beef Rump



Shredded Cheddar Cheese

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

Protein Rich

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.

Pantry items

Olive Oil, Butter, Milk, Plain Flour, Brown Sugar

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
onion	½	1
peeled pumpkin pieces	1 small packet	1 medium packet
potato	2	4
butter* (for the mash)	40g	80g
milk*	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
butter* (for the sauce)	20g	40g
plain flour*	1 tsp	2 tsp
water*	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
Dijon mustard	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3134kJ (749cal)	258kJ (62cal)
Protein (g)	42.4g	3.5g
Fat, total (g)	37.1g	3.1g
- saturated (g)	20g	1.6g
Carbohydrate (g)	61.3g	5g
- sugars (g)	34.5g	2.8g
Sodium (mg)	1038mg	85.4mg
Dietary Fibre (g)	8.9g	0.7g

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.



Get prepped

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



Cook the steak

- **See 'Top Steak Tips' (left)!** 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 **beef** and turn to coat.
- Heat a large 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.



Roast the veggies

- Place **beetroot** and **peeled pumpkin pieces** 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 Dijon onion gravy

- While the steak is resting, wipe out the frying pan, then return it 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)**, **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 potatoes!



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



ADD SHREDDED CHEDDAR CHEESE

Add to mash along with butter and milk.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

