



Sweet Glazed Beef Rump & Broccoli Gratin

with Potato & Carrot Mash

NEW

Grab your meal kit with this number

23



Leek



Chicken-Style Stock Powder



Broccoli Florets



Garlic



Panko Breadcrumbs



Chilli Flakes (Optional)



Potato



Carrot



Beef Rump



Grated Parmesan Cheese



Beef Rump

Prep in: 25-35 mins
Ready in: 35-45 mins



Protein Rich



Calorie Smart

Anytime you're having a steak, you expect it be the star of the show. We think the broccoli gratin might just edge it out in this dish. Vibrant green broccoli is baked in a rich, creamy white sauce with a golden pangrattato. That's not to say the steak isn't spectacular - cooked to blushing perfection and coated in a dark and sticky balsamic glaze. Oh we can't decide, you choose the winner!

Pantry items

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

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

Large frying pan · Medium or large baking dish · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
butter*	20g	40g
plain flour*	1 tbs	2 tbs
milk*	1 cup	2 cups
chicken-style stock powder	1 medium sachet	1 large sachet
broccoli florets	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
panko breadcrumbs	½ medium packet	1 medium packet
chilli flakes  (optional)	1 pinch	1 pinch
potato	2	4
carrot	1	2
beef rump	1 medium packet	2 medium packets OR 1 large packet
brown sugar*	1 tsp	2 tsp
balsamic vinegar*	1 tbs	2 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2623kJ (627cal)	251kJ (60cal)
Protein (g)	51.5g	4.9g
Fat, total (g)	17.1g	1.6g
- saturated (g)	9.6g	0.9g
Carbohydrate (g)	62.3g	6g
- sugars (g)	18.3g	1.8g
Sodium (mg)	805mg	77.1mg
Dietary Fibre (g)	9.9g	0.9g

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,

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 10 minutes before slicing.

We're here to help!

Scan here if you have any questions or concerns

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1 Make the white sauce

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **leek**.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **leek**, stirring, until softened, **4-5 minutes**.
- Add the **butter** and **plain flour** and cook, stirring, until combined, **1-2 minutes**.
- Reduce heat to medium, then slowly whisk in the **milk** until smooth.
- Add **chicken-style stock powder** and stir to combine. Season with **pepper** and set aside.



4 Make the veggie mash

- Half-fill a medium saucepan with boiling water.
- Cook **potato** and **carrot** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**.
- Drain, then return to saucepan. Drizzle with **olive oil** and season generously with **salt**.
- Mash until smooth, then cover to keep warm.



2 Bake the broccoli

- Meanwhile, cut any larger **broccoli florets** in half. Finely chop **garlic**.
- In a small bowl, combine **garlic**, **panko breadcrumbs** (see ingredients), a pinch of **chilli flakes** (if using) and a generous drizzle of **olive oil**. Season with **salt** and **pepper**.
- Place **broccoli** in a baking dish, pour over **white sauce** and toss to coat. Sprinkle over **panko mixture**.
- Bake until tender and golden, **20-25 minutes**.



5 Cook the beef

- **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. Season with **salt** and **pepper**.
- Wipe out and return 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. Remove pan from heat, add the **brown sugar**, **balsamic vinegar** and a splash of water and turn to coat. Transfer to a plate to rest.



3 Get prepped

- While the broccoli is cooking, boil the kettle.
- Peel **potato** and **carrot**. Cut into small chunks.



6 Serve up

- Slice sweet glazed beef rump.
- Divide beef rump, potato and carrot mash and broccoli gratin between plates to serve. Enjoy!

CUSTOM OPTIONS

+ **ADD GRATED PARMESAN**
Add to mash.

+ **DOUBLE BEEF RUMP**
Follow method above, cooking in batches if necessary.

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

