



Beef Rump & Garlic-Pepper Butter

with Almond Veggies & Mash

SEASONAL HERO

KID FRIENDLY

Grab your meal kit with this number

33



Potato



Garlic



Broccoli Florets



Onion



Baby Rainbow Carrots



Beef Rump



Flaked Almonds



Beef Rump



Grated Parmesan Cheese

Recipe Update
We've replaced the asparagus and carrot in this recipe with broccoli and baby rainbow carrots due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 30-40 mins
Ready in: 35-45 mins

Simple and sensational – they're the buzzwords for tonight's dinner. A tender cut of beef rump with a punchy fragrant butter, cooked with garlic and peppercorns, fluffy mash and nutty veggies combine to make a special meal that'll have you buzzing too!

Pantry items

Olive Oil, Butter, Milk, Cracked Black Pepper

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter* (for the mash)	30g	60g
milk*	2 tbs	4 tbs
cracked black pepper*	¼ tsp	½ tsp
garlic	3 clove	6 cloves
butter* (for the sauce)	30g	60g
broccoli florets	1 medium packet	1 large packet
onion	½	1
baby rainbow carrots	1 packet	2 packets
beef rump	1 medium packet	2 medium packets OR 1 large packet
flaked almonds	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3299kJ (788Cal)	467kJ (111Cal)
Protein (g)	44.9g	6.4g
Fat, total (g)	44.8g	6.3g
- saturated (g)	21.7g	3.1g
Carbohydrate (g)	47.2g	6.7g
- sugars (g)	7.7g	1.1g
Sodium (mg)	258mg	37mg
Dietary Fibre (g)	14.5g	2.1g

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. Remove steak from packaging and set aside at room temperature 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. Check if steak is done by pressing on it gently with tongs: rare steak is soft, medium is springy and well-done is firm.
4. Let steak rest on a plate for 5 minutes before slicing.



Make the mash

- See **'Top Steak Tips!'** (below left).
- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter (for the mash)** and **milk** to potato, then season with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.

Little cooks: Get those muscles working and help mash the potatoes!



Cook the steak

- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season with **salt** and **pepper**.
- 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. Transfer to a plate to rest.

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



Make the garlic-pepper sauce

- While the potato is cooking, finely chop **garlic**.
- In a small microwave-safe bowl, add the **butter (for the sauce)**, **cracked black pepper** and half the **garlic**, then microwave in **10 second** bursts, until melted. Season with **salt** and set aside.



Cook the garlicky veggies

- While the steak is resting, return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **broccoli**, **onion** and **carrot**, tossing, until softened, **4-5 minutes**. Add a dash of **water** to the pan to help veggies cook.
- Add remaining **garlic** and cook until fragrant, **1-2 minutes**. Season to taste, then toss to combine.



Get prepped

- Halve any larger **broccoli florets** (see **ingredients**). Cut **onion** (see **ingredients**) into wedges. Trim green tops from **baby rainbow carrots** and scrub carrots clean. Quarter **carrots** lengthways.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



Serve up

- Slice beef.
- Divide mash, beef rump and veggies between plates. Spoon over garlic-peppercorn butter and any steak resting juices.
- Garnish veggies with toasted almonds to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the almonds!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



ADD GRATED PARMESAN CHEESE

Mash into potatoes, along with the butter and milk, until smooth.

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

