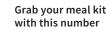


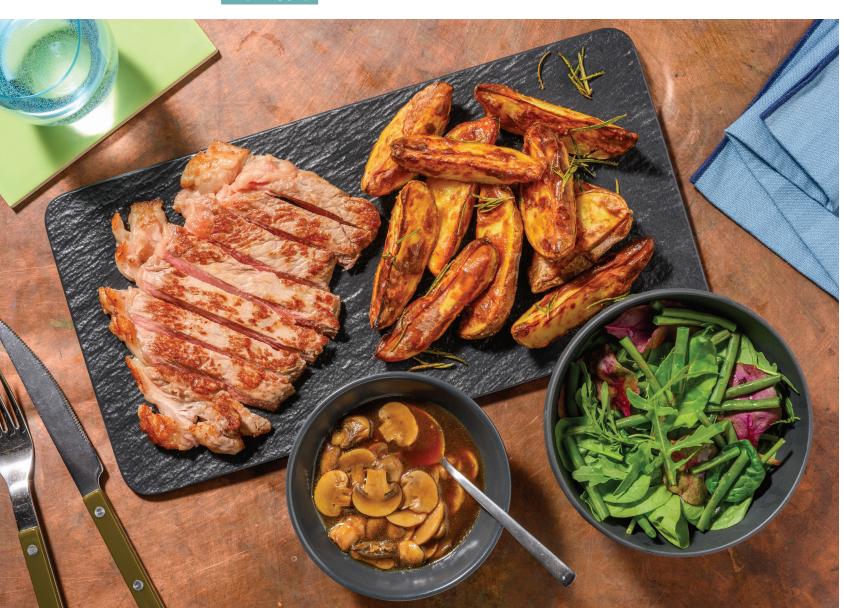
Classic Beef Rump & Twice-Cooked Potatoes

with Mushroom Gravy & Lemony Green Bean Salad

TASTE TOURS











Green Beans



Button Mushrooms

Lemon









Gravy Granules







Worcestershire Sauce

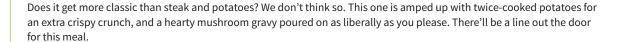
Baby Leaves

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

Carb Smart









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

 $\label{eq:medium} \mbox{Medium saucepan} \cdot \mbox{Oven tray lined with baking paper} \cdot \\ \mbox{Large frying pan}$

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	1/2	1
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
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

Per Serving	Per 100g
1986kJ (474Cal)	319kJ (76Cal)
42.2g	6.8g
13.8g	2.2g
4.9g	0.8g
39.4g	6.3g
8.4g	1.4g
536mg	86mg
9.6g	1.5g
	1986kJ (474Cal) 42.2g 13.8g 4.9g 39.4g 8.4g 536mg

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.
- 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.



Start the potatoes

- See 'Top Steak Tips' (left). 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.



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.



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, then toss to coat.
- Spread out evenly, pour over garlic butter, then roast until tender, 20-25 minutes.



Cook the rump

- Season beef rump 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, for 2 minutes each side for medium-rare, or until cooked to your liking.
- Transfer to a plate to rest.



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, then stir to combine. Season generously with pepper.
- Add baby leaves, a squeeze of lemon juice, the honey and a drizzle of olive oil to the bowl with beans. Season to taste.



Finish & serve

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



Scan here if you have any questions or concerns





Rate your recipe

Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate