



# SEARED BEEF & ROSEMARY SAUCE

with Garlicky Silverbeet & Creamy Mash



Make a garlic  
rosemary sauce!



Potato



Courgette



Silverbeet



Garlic



Rosemary



Beef Rump

Hands-on: **30** mins  
Ready in: **35** mins

Low calorie

Sure, it goes by many names (silverbeet, spinach or chard are a few) but in every language this hearty green leaf is totally delicious and definitely good for you. Try it in this comforting yet fancy version of traditional meat-and-three-veg. Dig in!

**Pantry Staples:** Olive Oil, Milk, Butter, Vinegar  
(White Wine Or Red Wine), Honey



# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large saucepan** with a **lid**
- **medium frying pan**



## 1 GET PREPPED

Bring a large saucepan of salted water to the boil. **TIP:** Put a lid on the saucepan to help the water boil faster! Peel the **potato** and cut into 2cm chunks. Cut the **courgette** into 2cm chunks. Roughly chop the **silverbeet**. Finely chop the **garlic** (or use a garlic press). Pick the **rosemary** leaves and finely chop. Slice each **beef rump** in half to get 1 steak per person.



## 2 MAKE THE POTATO MASH

Add the **potato** to the saucepan of boiling water and cook for **10-15 minutes**, or until easily pierced with a knife. Drain and return the potato to the saucepan. Add the **milk**, **salt** and **1/2** the **butter**. Mash using a potato masher or fork until smooth. Season with a **pinch** of **pepper**. Cover with a lid to keep warm and set aside.



## 3 COOK THE VEGGIES

While the potato is cooking, heat a medium frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **courgette** and cook, stirring, for **5 minutes**, or until tender. Add the **silverbeet** and **1/2** the **garlic** and cook for a further **2 minutes**, or until slightly wilted. Season to taste with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.



## 4 COOK THE BEEF

Return the medium frying pan to a high heat with a **drizzle** of **olive oil**. Season the **beef rump** steaks with a **pinch** of **salt** and **pepper** on both sides. Once hot, add the steaks to the pan and cook for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate and set aside to rest. **TIP:** This will give you a medium steak so cook a little less for rare, or longer for well done.



## 5 MAKE THE SAUCE

While the steak is resting, return the medium frying pan to a medium heat with the **remaining butter** and a **dash** of **olive oil** (to stop the butter from burning!). Add the **remaining garlic** and the **rosemary** and cook for **1-2 minutes**, or until fragrant. Add the **warm water**, **vinegar** and **honey** and stir to combine. Season to taste with **salt** and **pepper**.



## 6 SERVE UP

Thinly slice the beef. Divide the creamy mash and vegetables between plates. Top with the seared beef and spoon over the rosemary sauce.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
courgette	1	2
silverbeet	1 bag	1 bag
garlic	1 clove	2 cloves
rosemary	1 bunch	1 bunch
beef rump	1 packet	1 packet
milk*	2 ½ tbs	½ cup
salt*	¼ tsp	½ tsp
butter*	40 g	80 g
warm water*	2 tsp	4 tsp
vinegar* (white wine or red wine)	2 tsp	4 tsp
honey*	1 tsp	2 tsp

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2240kJ (535Cal)	383kJ (92Cal)
Protein (g)	41.0g	7.0g
Fat, total (g)	24.6g	4.2g
- saturated (g)	14.1g	2.4g
Carbohydrate (g)	33.7g	5.8g
- sugars (g)	7.1g	1.2g
Sodium (g)	681mg	117mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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