



# Beef Rump & Creamy Pesto Sauce

with Mashed Potato & Veggies

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Baby Spinach Leaves



Potato




Beef Rump



Pure Cream



Basil Pesto

 Hands-on: **20 mins**  
Ready in: **35 mins**

Simple and sensational – they're the buzzwords for tonight's dinner. Tender beef with a creamy pesto sauce, smooth mashed potato and veggies combine to make a special meal that'll have your nosy neighbours peering over the fence and wanting some too!

*Unfortunately, this week's green beans were in short supply, so we've replaced them with cauliflower. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Butter, Milk

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

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

### Ingredients

	4 People
olive oil*	refer to method
cauliflower	1 portion
carrot	2
baby spinach leaves	1 bag (60g)
potato	4
butter*	80g
milk*	½ cup
salt*	½ tsp
beef rump	1 packet
pure cream	½ bottle (150ml)
basil pesto	1 packet (50g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3040kJ (726Cal)	518kJ (124Cal)
Protein (g)	41.9g	7.1g
Fat, total (g)	45.4g	7.7g
- saturated (g)	23.6g	4.0g
Carbohydrate (g)	34.4g	5.9g
- sugars (g)	8.0g	1.4g
Sodium (g)	499mg	85mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### 1. Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into 2cm florets. Cut the **carrot** (unpeeled) into 1cm rounds.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



### 2. Roast the veggies

Place the **cauliflower** and **carrot** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**. When the veggies are done, add the **baby spinach leaves** to the tray and toss until slightly wilted.



### 3. Make the mash

While the veggies are roasting, bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk** and the **salt** to the saucepan with the **potato**. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



### 4. Cook the beef rump

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Season the **beef rump** all over with **salt** and **pepper**. When the oil is hot, add the **beef** and cook for **2-3 minutes** each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

**TIP:** This will give you a medium steak. Cook for a little less if you like it rare, or a little longer for well done.



### 5. Cook the sauce

Wipe out the frying pan and return to a medium heat. Add **1/2 bottle of pure cream** and the **basil pesto** and stir to combine. Cook, scraping any bits from the bottom of the pan, until thickened, **5-6 minutes**. Stir through any **beef resting juices** and season with **salt** and **pepper** to taste.



### 6. Serve up

Thinly slice the steak. Divide the mashed potato between plates and serve with the steak and roasted veggies. Spoon over the creamy pesto sauce.

**Enjoy!**