



Beef Rump & Peppercorn Sauce

with Parmesan Baby Potatoes & Greens

Grab your Meal Kit with this symbol



Baby Potatoes



Red Onion



Garlic



Chives



Baby Broccoli



Green Beans



Grated Parmesan Cheese



Beef Rump



Peppercorn Sauce



Roasted Almonds

Hands-on: **30-40 mins**
 Ready in: **40-50 mins**

Calorie Smart

There's something eternally comforting about the aroma of a creamy peppercorn sauce. Completely mouth-watering to say the least. Drizzled over tender beef rump with a side of cheesy baby potatoes and aromatic veggies, it's time for pub-style steak and chips to move over; there's a new contender in town.

Pantry items

Olive Oil

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

Large saucepan · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby potatoes	1 bag	2 bags
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
chives	1 bag	1 bag
baby broccoli	1 bag	1 bag
green beans	1 bag (100g)	1 bag (200g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
beef rump	1 packet	1 packet
peppercorn sauce	1 medium packet	1 large packet
roasted almonds	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2685kJ (641Cal)	421kJ (100Cal)
Protein (g)	50.8g	8g
Fat, total (g)	26.6g	4.2g
- saturated (g)	10.8g	1.7g
Carbohydrate (g)	46.4g	7.3g
- sugars (g)	13.4g	2.1g
Sodium (mg)	783mg	123mg

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.



Start the potatoes

Bring a large saucepan of salted water to the boil. Preheat the oven to **220°C/200°C fan-forced**. Halve the **baby potatoes**. Cook the **potatoes** in the boiling water until just tender, **10-12 minutes**. Drain **potatoes**, then place on a lined oven tray.



Get prepped

While the potatoes are boiling, slice the **red onion** into wedges. Finely chop the **garlic**. Finely chop the **chives**. Trim the **baby broccoli** and **green beans**.



Roast the potatoes

Add the **onion** and a drizzle of **olive oil** to the tray of **potatoes** and toss to coat. Using a small bowl with a flat base, crush the **potatoes** until roughly 1cm thick. Sprinkle with the **grated Parmesan cheese**, drizzle with **olive oil** and season. Roast until golden, **20-25 minutes**.



Cook the beef rump

While the potatoes are roasting, place the **beef rump** between two sheets of baking paper. Pound the **beef** with a meat mallet or rolling pin until slightly flattened. Season both sides with **salt** and **pepper**. In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate, cover and leave to rest for **5 minutes**.

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



Cook the veggies & sauce

While the beef is resting, wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **baby broccoli** and **green beans** until tender, **6-7 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a medium bowl, then season to taste. Wipe out the frying pan, then return to a medium-high heat. Cook the **peppercorn sauce** with a splash of **water** until heated through, **1-2 minutes**. Add the **chives**, then stir to combine and season to taste.

TIP: Add a splash more water if the sauce looks too thick.



Serve up

Roughly chop the **roasted almonds**. Slice the beef rump. Divide the beef, Parmesan baby potatoes and greens between plates. Spoon the peppercorn sauce over the beef and garnish with the almonds to serve.

Enjoy!