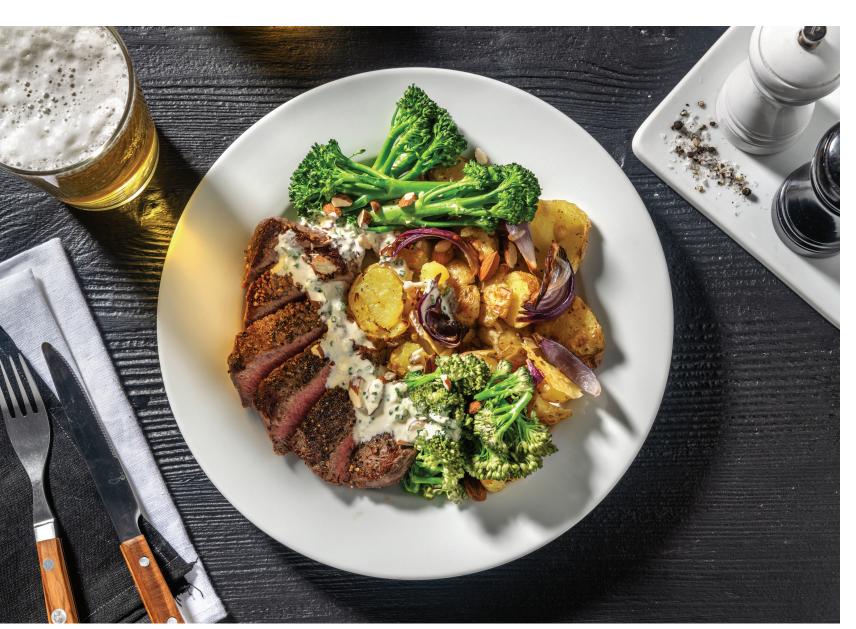


Beef Rump & Peppercorn Sauce with Parmesan Baby Potatoes & Greens

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Baby Potatoes







Green Beans

Beef Rump

Chives

Baby Broccoli



Grated Parmesan Cheese



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.



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

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!