



# Tender Beef Rump & Peppercorn Sauce

with Crushed Parmesan Baby Potatoes & Greens

PUB BISTRO

Grab your Meal Kit with this symbol



Baby Potatoes



Garlic



Chives



Green Beans



Black Peppercorns



Grated Parmesan Cheese



Beef Rump



Baby Broccoli



Cream



Roasted Almonds

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

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

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
baby potatoes	1 bag	2 bags
garlic	2 cloves	4 cloves
chives	1 bag	1 bag
green beans	1 bag (100g)	1 bag (200g)
black peppercorns	½ sachet	1 sachet
grated Parmesan cheese	1 medium packet	1 large packet
beef rump	1 packet	1 packet (or 2 packets)
baby broccoli	1 bag	1 bag
cream	½ bottle (125ml)	1 bottle (250ml)
roasted almonds	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3988kJ (953Cal)	613kJ (147Cal)
Protein (g)	52.2g	8g
Fat, total (g)	65.3g	10g
- saturated (g)	37.9g	5.8g
Carbohydrate (g)	36.2g	5.6g
- sugars (g)	8.4g	1.3g
Sodium (mg)	220mg	34mg
Dietary Fibre (g)	9.1g	1.4g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW20



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## Boil the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Boil the kettle. Half-fill a medium saucepan with boiling water. Halve **baby potatoes**.
- Cook **potatoes** in boiling water, over high heat, until just tender, **12-15 minutes**. Drain, then place **potatoes** on a lined oven tray.

4



## Cook the steak

- While the potatoes are roasting, place **beef rump** between two sheets of baking paper. Pound **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 high heat. When oil is hot, cook **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.

2



## Get prepped

- While the potatoes are boiling, finely chop **garlic**. Thinly slice **chives**. Trim **green beans**. Crush **black peppercorns** (see ingredients) with a mortar and pestle or in their sachet using a rolling pin.

5



## Cook the veggies

- While the beef is resting, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** and **green beans** until tender, **6-7 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Transfer to a medium bowl and season to taste.
- Wipe out the frying pan, then return to medium-low heat with a drizzle of **olive oil**. Cook **cream** (see ingredients) and crushed **peppercorns** until warmed and fragrant, **1-2 minutes**. Season to taste with **salt**.

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

3



## Roast the potatoes

- Drizzle **olive oil** over the **potatoes**, then season with **salt** and **pepper**. Toss to coat.
- Top **potatoes** with a sheet of baking paper. Using the flat base of a bowl, lightly crush **potatoes** until about 1cm-thick.
- Sprinkle potatoes with **grated Parmesan cheese**. Roast **potatoes** until golden, **20-25 minutes**.

6



## Serve up

- Roughly chop **roasted almonds** and sprinkle over the greens. Slice beef rump.
- Divide beef, crushed Parmesan baby potatoes and garlic greens between plates.
- Spoon peppercorn sauce over beef and garnish with chives to serve. Enjoy!

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