



# Seared Beef & Parsley Butter

with Parsnip Mash & Broccoli

Grab your Meal Kit with this symbol



Potato



Parsnip



Garlic



Parsley



Broccoli



Beef Rump

Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

Carb Smart

Long after you finish this humble dinner of steak, mash and greens, you're going to remember the way it was transformed by the simple addition of a herby butter melted over your meat. It's an easy trick that gives this classic dish a new lease of life.

### 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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
parsnip	2	4
butter* (for the mash)	30g	60g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
broccoli	1 head	2 heads
beef rump	1 packet	1 packet
butter* (for the sauce)	40g	80g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2706kJ (647Cal)	487kJ (116Cal)
Protein (g)	44.7g	8g
Fat, total (g)	40.9g	7.4g
- saturated (g)	24.4g	4.4g
Carbohydrate (g)	24.6g	4.4g
- sugars (g)	7.3g	1.3g
Sodium (mg)	507mg	91mg
Dietary Fibre (g)	8.6g	1.8g

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.



## Make the parsnip mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and **parsnip**. Cut the **potato** into bite-sized chunks. Cut the **parsnip** into small chunks. Cook the **potato** and **parsnip** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan, then add the **butter (for the mash)**, **milk** and the **salt**. Mash until smooth, then cover to keep warm.



## Get prepped

While the potato and parsnip are cooking, finely chop the **garlic** and **parsley** leaves. Cut the **broccoli** into small florets and roughly chop the stalk. In a medium bowl, combine the **beef rump** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Set aside.



## Make the parsley butter

Place the **butter (for the sauce)** and 1/2 the **garlic** in a small bowl and microwave in **10 second** bursts until softened. Add the **parsley** to the **garlic butter** and mash together with a fork. Season.

**TIP:** If you don't have a microwave, set the butter aside at room temperature to warm up and combine later!



## Cook the beef rump

**See Top Steak Tips (below) for extra info!**

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **beef rump** for **2-3 minutes** on each side (depending on thickness). Transfer to a plate to rest.



## Cook the broccoli

While the beef rump is resting, wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **broccoli** until browned and softened, **5-6 minutes**. Add the remaining **garlic** and cook until fragrant, **1 minute**. Season to taste.



## Serve up

Slice the beef rump. Divide the beef rump, parsnip mash and broccoli between plates. Top the beef rump with the parsley butter.

## Enjoy!

### Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.