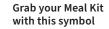
Seared Beef & Parsley Butter with Parsnip Mash & Broccoli

















Broccoli



Beef Rump

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



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

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	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	⅓ cup
salt*	1/4 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 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.