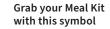
Parsley Butter Rump Steak with Parsnip Mash & Garlicky Greens













Parsnip







Broccoli





Baby Spinach Leaves

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



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

ingi calcino			
	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	1/4 cup	
salt*	1/4 tsp	½ tsp	
garlic	2 cloves	4 cloves	
parsley	1 bag	1 bag	
broccoli	½ head	1 head	
beef rump	1 packet	1 packet	
butter* (for the sauce)	40g	80g	
baby spinach leaves	1 bag (30g)	1 bag (60g)	

^{*}Pantry Items

Nutrition

A 01	D 0 '	D 400
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2586kJ (618Cal)	531kJ (126Cal)
Protein (g)	38.6g	7.9g
Fat, total (g)	39.6g	8.1g
- saturated (g)	15g	3.1g
Carbohydrate (g)	29.3g	6g
- sugars (g)	9.7g	2g
Sodium (mg)	929mg	191mg
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.



Cook the mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and **parsnip**. Cut the **potato** into large 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 and cover to keep warm.



Get prepped

While the potato and parsnip are cooking, finely chop the **garlic** and **parsley** leaves. Cut the **broccoli** (see ingredients) 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

In a small heatproof bowl, add the **butter** (**for the sauce**) and 1/2 the **garlic**. 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 steak

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 garlicky greens

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 tender, **5-6 minutes**. Add the **baby spinach leaves** and remaining **garlic** and cook until wilted and fragrant, **1 minute**. Season to taste.



Serve up

Slice the rump steak. Divide the steak, parsnip mash and garlicky greens between plates. Spoon the parsley butter over the steak.

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.