



Parsley Butter Rump Steak

with Parsnip Mash & Garlicky Greens

Grab your Meal Kit with this symbol



Potato



Parsnip



Garlic



Parsley



Broccoli




Beef Rump



Baby Spinach Leaves

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

 Carb Smart

Long after you finish this humble low-carb 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 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

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.



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.



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.



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.



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!



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.