



Herb Butter Rump Steak

with Parsnip Mash & Broccoli

Grab your Meal Kit with this symbol



Potato



Parsnip



Garlic



Herbs



Broccoli



Beef Rump

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **25-35** 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
herbs	1 bag	1 bag
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)	2648kJ (632Cal)	476kJ (113Cal)
Protein (g)	43.7g	7.9g
Fat, total (g)	38.4g	6.9g
- saturated (g)	22.6g	4.1g
Carbohydrate (g)	27.9g	5g
- sugars (g)	12.1g	2.2g
Sodium (mg)	509mg	92mg
Dietary Fibre (g)	10.4g	1.9g

The quantities provided above are averages only.

Allergens

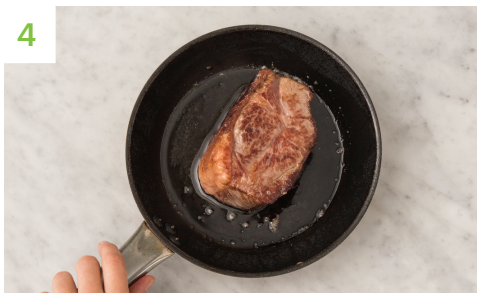
Always read product labels for the most up-to-date allergen information.

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 **potato** and **parsnip**. Cut **potato** into large chunks. Cut **parsnip** into small chunks.
- Cook **potato** and **parsnip** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain and return to the saucepan, then add the **butter (for the mash)**, the **milk** and the **salt**. Mash until smooth and cover to keep warm.



Cook the steak

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef rump**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



Get prepped

- Meanwhile, finely chop **garlic** and **herbs**. Cut **broccoli** into small florets and roughly chop the stalk.
- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- In a medium bowl, combine **beef** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Set aside.

TIP: Pounding the beef ensures that it's extra tender once cooked.



Cook the garlicky greens

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



Make the herb butter

- Place **butter (for the sauce)** and 1/2 the **garlic** in a small heatproof bowl and microwave in **10 second** bursts until softened.
- Add **herbs** 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 rump steak.
- Divide steak, parsnip mash and garlicky greens between plates.
- Spoon herb butter over the steak to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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