



Parsley Butter Rump Steak

with Veggie Mash & Broccoli

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Parsnip



Garlic



Parsley



Broccoli



Beef Rump



Lemon Pepper Spice Blend



Beef Rump

Prep in: 20-30 mins
Ready in: 30-40 mins

Carb Smart*
*Custom Recipe is not 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 on life.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Milk

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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)	20g	40g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
broccoli	1 head	2 heads
beef rump	1 packet	1 packet (or 2 packets)
lemon pepper spice blend	1 sachet	1 sachet
butter* (for the sauce)	40g	80g
beef rump**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2618kJ (626Cal)	473kJ (113Cal)
Protein (g)	44.8g	8.1g
Fat, total (g)	36.8g	6.7g
- saturated (g)	21.7g	3.9g
Carbohydrate (g)	28.7g	5.2g
- sugars (g)	12.4g	2.2g
Sodium (mg)	655mg	118mg
Dietary Fibre (g)	10.4g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3502kJ (837Cal)	498kJ (119Cal)
Protein (g)	77.4g	11g
Fat, total (g)	45.9g	6.5g
- saturated (g)	27g	3.8g
Carbohydrate (g)	28.7g	4.1g
- sugars (g)	12.4g	1.8g
Sodium (mg)	728mg	104mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW20



1



Make the veggie mash

- Bring a medium saucepan of lightly salted water to the boil. Peel **potato** and **parsnip**, then cut both into large 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 **butter (for the mash)**, the **milk** and the **salt**. Mash until smooth and cover to keep warm.

Little cooks: Get those muscles working and help mash the potato and parsnip!

4



Cook the steak

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

Custom Recipe: Cook beef in batches for the best result.

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.

2



Get prepped

- Meanwhile, finely chop **garlic** and **parsley**. Cut **broccoli** into small florets, then 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**, **lemon pepper spice blend** 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.

Custom Recipe: If you've doubled your beef rump, prep beef in the same way as above.

5



Cook the broccoli

- 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.

3



Make the parsley butter

- Place **butter (for the sauce)** and half the **garlic** in a small heatproof bowl. Microwave in **10 second** bursts until softened.
- Stir **parsley** through the **garlic butter**, then season.

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

6



Serve up

- Slice rump steak.
- Divide lemon pepper steak, veggie mash and broccoli between plates.
- Spoon parsley butter over rump steak to serve. Enjoy!

Little cooks: Add the finishing touch by spooning over the parsley butter! Careful it may be hot!

Rate your recipe

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