

Peppercorn Beef & Caramelised Onion Gravy

with Garlic Veggie Mash & Tomato Salad

Grab your Meal Kit with this symbol



Garlic



Potato



Carrot



Tomato



Onion



Black Peppercorns



Beef Rump



Mixed Leaves

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!

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Dietitian Approved

Carb Smart

There are some hidden gems in tonight's dinner. The juicy beef rump has been cooked in a peppercorn coating for an extra punch, an easy way to make this dish decadent. And this isn't any ordinary mash, we've added carrot and garlic to bring it to the next level. While we're going all out, drizzle over a caramelised onion gravy and your taste buds will be feeling very spoilt.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Plain Flour

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
potato	1	2
carrot	1	2
tomato	1	2
onion	1 (medium)	1 (large)
black peppercorns	1 sachet	2 sachets
beef rump	1 packet	1 packet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
plain flour*	1 tsp	2 tsp
water*	½ cup	1 cup
mixed leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1604kJ (383Cal)	340kJ (81Cal)
Protein (g)	36.3g	7.7g
Fat, total (g)	12.2g	2.6g
- saturated (g)	4.2g	0.9g
Carbohydrate (g)	32.6g	6.9g
- sugars (g)	13.2g	2.8g
Sodium (mg)	209mg	44mg
Dietary Fibre (g)	7.4g	1.6g

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 veggie mash

Bring a medium saucepan of salted water to the boil. Slightly crush **garlic** cloves using the flat side of a knife and remove skin. Peel **potato** and **carrot**, then cut both into large chunks. Cook **potato**, **carrot** and **garlic** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain and return veggies to pan with a drizzle of **olive oil**. Mash until smooth and season generously with **salt**. Cover to keep warm.



Make the onion gravy

While the beef is resting, return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** until tender, **4-5 minutes**. Reduce heat to medium. Add the **balsamic vinegar** and **brown sugar**, mix well. Cook until dark and sticky, **3-5 minutes**. Add the **plain flour** and cook until fragrant, **1 minute**. Add the **water** and any remaining **beef resting juices** and cook, stirring, until reduced, **1-2 minutes**. Season to taste.



Get prepped

While veggies are cooking, cut **tomato** into thin wedges. Thinly slice **onion**. Crush **black peppercorns** with a pestle and mortar or in their sachet using a rolling pin. Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. On a plate, place **crushed peppercorns** and a generous pinch of **salt**. Press each side of the **steak** in **peppercorns** to coat.

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



Toss the salad

While the sauce is cooking, combine **tomato**, **mixed leaves**, a drizzle of **balsamic vinegar** and **olive oil** in a large bowl. Season to taste.



Cook the beef

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



Serve up

Slice peppercorn beef rump. Divide garlic veggie mash, tomato salad and beef between plates. Pour caramelised onion gravy over the beef to serve.

Enjoy!