



Seared Beef Rump & Peppercorn Sauce with Mash & Greens

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2471kJ (591Cal) | Protein 38.9g | Fat, total 34.4g - saturated 20g | Carbohydrate 29.9g - sugars 13.3g | Sodium 1164mg | Dietary Fibre 4.7g
Carb Smart | The quantities provided above are averages only.

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2022 | WK46 | U



Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Beef Rump	1 pkt	1 pkt (or 2 pkts)
Peppercorn Sauce	1 medium pkt	2 medium pkts
Mashed Potato	1 medium pkt	1 large pkt

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.

1. Sizzle



Courgette



Silverbeet



Beef Rump

2. Simmer



Peppercorn Sauce

3. Zap



Mashed Potato

- Chop **courgette** and **silverbeet**
- Place **beef** between two sheets of baking paper. Pound with rolling pin until slightly flattened (this ensures it's extra tender!)
- Heat **olive oil** in frying pan over high heat. Season **beef**
- Cook **beef**, turning, for **5-6 mins** or until cooked to your liking
- Halfway through cooking steak, add **courgette** and cook until softened. Transfer to a plate to rest

- Return the pan to medium-high heat
- Add **silverbeet** and toss to wilt, **1-2 mins**. Transfer to the plate
- To the pan, add **peppercorn sauce**. Simmer until heated, **1 min**

- Meanwhile, transfer **mashed potato** to a heatproof bowl
- Microwave until hot and steaming, **3 mins**. Season to taste
- Slice **steak**. Plate up **mash, steak** and **veggies**
- Spoon over **peppercorn sauce** to serve



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