



# Beef Rump & Garlic-Peppercorn Butter

with Garlicky Veggies & Mash

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Black Peppercorns



Garlic



Green Beans



Onion



Carrot



Beef Rump



Flaked Almonds



Beef Rump

Prep in: 30-40 mins  
Ready in: 35-45 mins

Long after you finish this humble dinner of beef rump and greens, you're going to remember the way it was transformed by the simple addition of a punchy peppercorn butter, infused with garlic and poured over the beef rump. 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

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b> (for the mash)	40g	80g
<b>milk*</b>	2 tbs	¼ cup
black peppercorns	½ sachet	1 sachet
garlic	3 cloves	6 cloves
<b>butter*</b> (for the sauce)	30g	60g
green beans	1 bag (200g)	2 bags (400g)
onion	1 (medium)	1 (large)
carrot	1	2
beef rump	1 packet	1 packet (or 2 packets)
flaked almonds	1 packet	2 packets
beef rump**	1 packet	1 packet (or 2 packets)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3204kJ (766Cal)	500kJ (120Cal)
Protein (g)	42.1g	6.6g
Fat, total (g)	45.9g	7.2g
- saturated (g)	25.3g	3.9g
Carbohydrate (g)	47.5g	7.4g
- sugars (g)	18.8g	2.9g
Sodium (mg)	266mg	41mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4087kJ (977Cal)	517kJ (124Cal)
Protein (g)	74.7g	9.4g
Fat, total (g)	55.1g	7g
- saturated (g)	30.6g	3.9g
Carbohydrate (g)	47.5g	6g
- sugars (g)	18.8g	2.4g
Sodium (mg)	339mg	43mg

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](https://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

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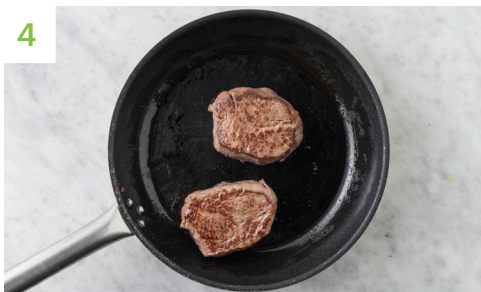


## Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**. Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add **butter (for the mash)** and the **milk** to the potato and season with **salt**. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled.

**Little cooks:** Get those muscles working and help mash the potatoes!



## Cook the steak

- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season **beef** with **salt** and **pepper**.
- Return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

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

**Custom Recipe:** If you've doubled your beef rump, cook in batches for best results!



## Make the peppercorn butter

- While the potato is cooking, lightly crush **black peppercorns (see ingredients)** with a pestle and mortar or in their sachet using a rolling pin. Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook half the **garlic** until fragrant, **1 minute**.
- Transfer the **garlic oil** to a medium bowl, then add crushed **peppercorns** and **butter (for the sauce)**.
- Season with **salt** and mash with a fork to combine. Set aside.



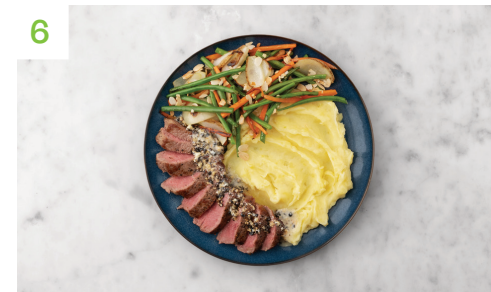
## Cook the garlicky greens

- While the steak is resting, return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **green beans, onion** and **carrot**, tossing, until softened, **4-5 minutes**.
- Add remaining **garlic** and cook until fragrant, **1-2 minutes**. Season and toss to combine.



## Get prepped

- Trim **green beans**. Cut **onion** into wedges. Thinly slice **carrot** into sticks. Season **beef rump** on both sides.
- Return the frying pan to medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



## Serve up

- Slice beef rump.
- Divide mash, beef rump and garlicky greens between plates.
- Spoon over garlic-peppercorn butter and any steak resting juices.
- Garnish garlicky veggies with toasted almonds to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the almonds!

## Rate your recipe

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