



Southern Steak & Mustard Sauce

with Creamy Onion Mash

Grab your Meal Kit with this symbol



Carrot



White Turnip



Beetroot



Brown Onion



Potato



Sour Cream



Beef Rump



All-American Spice Blend



Dijon Mustard



Beef Rump

Hands-on: 30-40 mins
Ready in: 40-50 mins

Long after you finish this dinner of steak and three veg, you're going to remember the way it was transformed by the simple addition of a luscious mustard sauce. It's an easy trick that gives this classic dish a new lease of life.



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

Pantry items

Olive Oil, Butter, Brown Sugar

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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
white turnip	1	2
beetroot	1	2
brown onion	1 (medium)	1 (large)
potato	2	4
butter* (for the mash)	40g	80g
sour cream	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
beef rump	1 packet	1 packet
All-American spice blend	1 sachet	1 sachet
butter* (for the sauce)	20g	40g
Dijon mustard	15g	30g
water*	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
beef rump**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3336kJ (797Cal)	449kJ (107Cal)
Protein (g)	43.1g	5.8g
Fat, total (g)	41.8g	5.6g
- saturated (g)	26.7g	3.6g
Carbohydrate (g)	62.4g	8.4g
- sugars (g)	33.1g	4.5g
Sodium (mg)	1347mg	181mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4115kJ (984Cal)	461kJ (110Cal)
Protein (g)	74.7g	8.4g
Fat, total (g)	48.4g	5.4g
- saturated (g)	30g	3.4g
Carbohydrate (g)	62.4g	7g
- sugars (g)	33.1g	3.7g
Sodium (mg)	1421mg	159mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2022 | CW01



Roast the veggies

Preheat the oven to **240°/220°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil. Cut the **carrot** and **white turnip** into bite-sized chunks. Cut the **beetroot** into small chunks. Place the **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **20-25 minutes**.



Cook the steak

See Top Steak Tips (below) for extra info!

Place the **beef rump** between two sheets of baking paper. Pound the **beef** with a meat mallet or rolling pin until slightly flattened. In a medium bowl, combine the **All-American spice blend** and a drizzle of **olive oil**. Add the **beef** and turn to coat. Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

CUSTOM RECIPE

If you've doubled your beef rump, cook 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.



Get prepped

While the veggies are roasting, finely chop the **brown onion**. Heat a large frying pan over a medium heat with a drizzle of **olive oil**. Cook the **onion** until softened, **5-6 minutes**. Transfer to a bowl.



Make the mustard sauce

While the steak is resting, return the frying pan to a medium heat. Add the **butter (for the sauce)**, **Dijon mustard**, the **water** and **brown sugar**, then season. Bring to a simmer, then reduce the heat to low and cook, stirring, until slightly thickened, **1 minute**. Stir through any **steak resting juices**, then remove from the heat.



Make the onion mash

Peel the **potato** and cut into large chunks. Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter (for the mash)**, **sour cream** and the **salt**, then mash until smooth. Stir the cooked **onion** through the **mashed potato**. Cover to keep warm.



Serve up

Slice the Southern steak. Divide the creamy onion mash, steak and roasted veggies between plates. Pour over the mustard sauce to serve.

Enjoy!