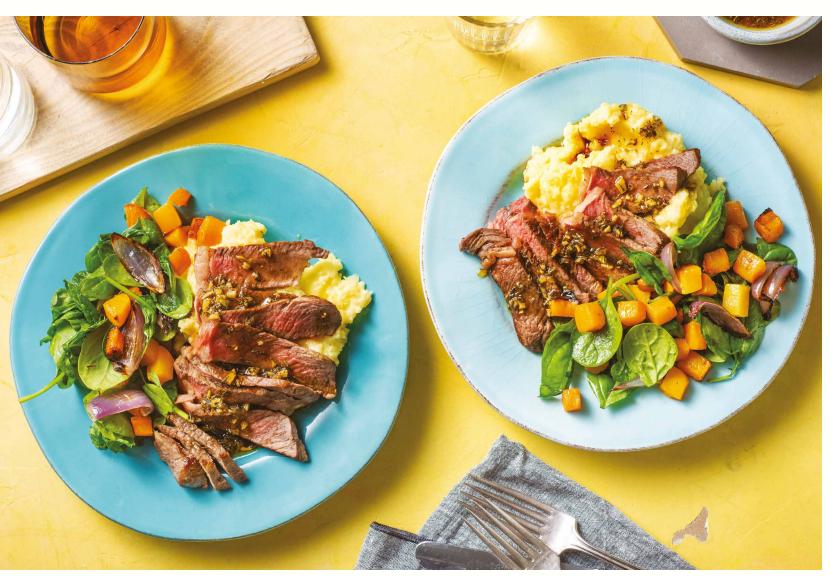


BEEF RUMP & THYME SAUCE

with Potato Mash & Roast Veggie Toss





Make a garlic and thyme sauce









Peeled Pumpkin





Potato





Thyme



Hands-on: 35 mins Ready in: 50 mins

Get creative on this family classic with our buttery garlic and thyme sauce - the seared beef rump's new best friend. Stacked with colourful roasted veggies and a smooth potato mash, it's bound to beat all your dinnertime cravings.

Pantry Staples: Olive Oil, Eggs

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:





ROAST THE VEGGIES

Preheat the oven to 240°C/220°C fanforced. Cut the carrot (unpeeled) into 2cm chunks. Slice the red onion into 2cm wedges. Cut the **peeled pumpkin** into 2cm chunks. Place the carrot, red onion and pumpkin on an oven tray lined with baking paper. Drizzle with olive oil and season with salt and pepper. Toss to coat and roast on the top oven rack until tender, **25-30 minutes**. When the veggies are cooked, remove from the oven and toss through the baby spinach leaves.



COOK THE POTATO

While the veggies are roasting, bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Add the potato to the saucepan of boiling water and cook until easily pierced with a knife, 10-15 minutes. Drain and return to the saucepan.



FINISH THE MASH

Add 40g the butter, the milk and the salt to the saucepan with the **potato**. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm. Finely chop the garlic (or use a garlic press). Pick and finely chop the thyme leaves. * TIP: Hold each thyme sprig at the top, then gently run your fingers down to remove the leaves. If the sprigs are very soft, you can chop them instead.



COOK THE STEAK

In a large frying pan, heat a **drizzle** of olive oil over a high heat. When the oil is hot, add the **beef rump** to the pan and cook for 2-3 minutes each side (depending on thickness). * TIP: This will give you a medium steak. Cook it for a little less if you like it rare or a little longer for well done. Transfer to a plate to rest. * TIP: If your pan is getting crowded, cook in batches for the best results!



MAKE THE SAUCE

While the steak is resting, return the frying pan to a medium heat with 40g the butter and a dash of olive oil. Add the garlic and thyme and cook until fragrant, 1-2 minutes. Add the warm water, white wine vinegar, honey and any steak **resting juices** and stir to combine. Simmer until thickened slightly, 2-3 minutes. Season to taste with salt and pepper.



SERVE UP

Thinly slice the steak. Divide the mash, roasted veggies and steak between plates. Spoon over the thyme sauce.

ENJOY!

INGREDIENTS

	4-5P
olive oil*	refer to method
carrot	2
red onion	2
peeled pumpkin	1 packet (200g)
baby spinach leaves	1 bag (60g)
potato	6
butter*	80g
milk*	¼ cup
salt*	½ tsp
garlic	1 clove
thyme	1 bunch
beefrump	1 packet
warm water*	2 tbs
white wine vinegar*	1 tbs
honey*	2 tsp

*Pantry Items

PER SERVING	PER 100G
2480kJ (592Cal)	367kJ (88Cal)
42.6g	6.3g
24.7g	3.7g
14.2g	2.1g
45.3g	6.7g
17.0g	2.5g
448mg	66mg
	2480kJ (592Cal) 42.6g 24.7g 14.2g 45.3g 17.0g

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

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