



# BEEF RUMP & THYME SAUCE

with Potato Mash & Roast Veggie Toss



Make a garlic and thyme sauce



Carrot



Red Onion



Peeled Pumpkin



Baby Spinach Leaves



Potato



Garlic



Thyme



Beef Rump



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

## BEFORE YOU START

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

- **oven tray** lined with **baking paper**
- **medium saucepan** with a **lid**
- **large frying pan**



### 1 ROAST THE VEGGIES

Preheat the oven to **240°C/220°C** fan-forced. 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**.



### 4 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!*



### 2 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.



### 5 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**.



### 3 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.*



### 6 SERVE UP

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

## ENJOY!

## 4-5 PEOPLE 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         |
| beef rump           | 1 packet        |
| warm water*         | 2 tbs           |
| white wine vinegar* | 1 tbs           |
| honey*              | 2 tsp           |

\*Pantry Items

| NUTRITION        | PER SERVING     | PER 100G      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 2480kJ (592Cal) | 367kJ (88Cal) |
| Protein (g)      | 42.6g           | 6.3g          |
| Fat, total (g)   | 24.7g           | 3.7g          |
| - saturated (g)  | 14.2g           | 2.1g          |
| Carbohydrate (g) | 45.3g           | 6.7g          |
| - sugars (g)     | 17.0g           | 2.5g          |
| Sodium (g)       | 448mg           | 66mg          |

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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2019 | WK38

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