



THYME BEEF RUMP & PARSNIP MASH

with Caramelised Cherry Tomatoes



Caramelize cherry tomatoes in the oven



Cherry Tomatoes



Thyme



Balsamic Glaze



Potato



Parsnip



Green Beans



Beef Rump

Hands-on: **25-35** mins
Ready in: **35-45** mins

Get creative with the classic steak and mash by adding caramelised cherry tomatoes, resting in a buttery thyme sauce. Trust us, it's the seared beef rump's new best friend! Stacked with nutritious greens and a smooth parsnip mash, it's bound to beat all your dinnertime cravings.

Pantry Staples: Olive Oil, Butter, Milk

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 CHERRY TOMATOES

Preheat the oven to **240°C/220°C fan-forced**. Slice the **cherry tomatoes** in half. Pick and roughly chop the **thyme** leaves. In a medium bowl, combine the **cherry tomatoes**, **balsamic glaze** (see ingredients list), **olive oil** (1 tbs for 2 people / 2 tbs for 4 people) and a **pinch** of **salt** and **pepper**. Place the dressed **cherry tomatoes** on an oven tray lined with baking paper and roast until blistered, **15-20 minutes**.



4 COOK THE STEAK

Return the frying pan to a high heat with a **drizzle** of **olive oil**. Season both sides of the **beef rump** with **salt** and **pepper**. When the oil is hot, add the **beef** and cook for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. **TIP:** *This will give you a medium steak. Cook for a little less for rare, or a little longer for well done.* Transfer to a plate to rest.



2 MAKE THE PARSNIP MASH

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and **parsnip** and cut into 2cm chunks. Add the **potato** and **parsnip** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter** (for the mash), **milk** and **salt** to the saucepan with the **potato**. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



5 MAKE THE SAUCE

While the steak is resting, return the frying pan to a medium heat. Add the roasted **cherry tomatoes**, **butter** (for the sauce), **thyme** and **water** and cook until the butter is melted, **1 minute**. Stir through any **steak resting juices**.



3 COOK THE BEANS

While the potato and parsnip are cooking, trim the **green beans**. In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **green beans** and cook until tender, **5-6 minutes**. Season with a **pinch** of **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



6 SERVE UP

Thinly slice the steak. Divide the green beans, parsnip mash and seared steak between plates. Spoon over the caramelised cherry tomatoes.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cherry tomatoes	1 punnet	2 punnets
thyme	1 bunch	1 bunch
balsamic glaze	½ bottle (12.5g)	1 bottle (25g)
potato	2	4
parsnip	2	4
butter* (for the mash)	40g	80g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
green beans	1 bag (100g)	1 bag (200g)
beef rump	1 packet	1 packet
butter* (for the sauce)	20g	40g
water*	4 tsp	2½ tbs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2700kJ (646Cal)	411kJ (98Cal)
Protein (g)	42.0g	6.4g
Fat, total (g)	32.7g	5.0g
- saturated (g)	19.5g	3.0g
Carbohydrate (g)	42.0g	6.4g
- sugars (g)	10.2g	1.6g
Sodium (g)	463mg	70mg

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
Hello@HelloFresh.co.nz

2020 | WK10

