



Everything But The Chef

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Steak with Cheesy Chive Broccoli Mash

Mashed potatoes can be a bit of a personal thing. Everyone remembers their favourite mash eaten during childhood: for some it's a creamy puree as light as air, for others, a coarse lumpy affair strewn with flavoursome skins. Consider this your Sunday going out mash, it's popped on its best hat and shined its shoes (well, it's full of chives and cheddar cheese). We'd never try to replace your favourite mash, but we reckon this one might be up there with the best.

Prep: 10 mins
Cook: 20 mins
Total: 30 mins
level 1
gluten free
high protein
outdoor dining

Pantry Items



Butter



Milk



Olive Oil



Potatoes



Broccoli



Green Beans



Cheddar Cheese



Chives



Premium Beef Rump

2P	4P	Ingredients
500 g	1 kg	potatoes, peeled & cut into 2 cm pieces
½ head	1 head	broccoli, cut into small florets
100 g	200 g	green beans, trimmed
1 tsp	2 tsp	butter *
2 tbs	4 tbs	milk *
½ block	1 block	Cheddar cheese, grated
1 bunch	2 bunches	chives, finely chopped
2 steaks	4 steaks	premium beef rump
2 tsp	1 tbs	olive oil *

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2200	Kj
Protein	48.9	g
Fat, total	19.1	g
-saturated	9.6	g
Carbohydrate	35.3	g
-sugars	3.1	g
Sodium	267	mg

Measuretool

0 cm	1 cm	2 cm

1a



You will need: *chef's knife, chopping board, box grater, large pot, colander, vegetable peeler, medium frying pan, aluminium foil and a plate.*

1 Place the **potatoes** in a large pot of salted water. Bring to the boil over a high heat. Simmer for **15 minutes**. Add the **broccoli** and **green beans** and simmer for a further **3 minutes** or until the vegetables are tender. Drain. Remove the beans and set aside. Return potatoes and broccoli back to the same pot, off the heat, with the **butter**, **milk**, **Cheddar cheese** and **chives**. Mash everything together until smooth. Season to taste with **salt** and **pepper**.

1b



2 Meanwhile, rub the **premium beef rump steaks** with the **olive oil** and season with salt and pepper. Heat a medium frying pan over a medium-high heat. Add the seasoned steaks and cook for **2-3 minutes** on each side for medium rare, or until cooked to your liking. Cooking times may vary depending on the thickness of your steak. Transfer to a plate and cover with foil. Set aside to rest for **5 minutes**.

1c



3 To serve, divide cheesy broccoli mash between plates and serve with the steak and green beans.

2



Did you know? Romanian gypsies used chives in the past for fortune telling.