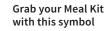


Seared Beef Rump, Broccoli & Cauli Mash

with Parsley-Garlic Butter

KID FRIENDLY













Beef Rump

Broccoli





Prep in: 20-30 mins Ready in: 30-40 mins

Carb Smart* *Custom Recipe is not Carb Smart

This parsley butter is the real deal! Dollop it over juicy beef rump and your new and improved protein portion will stand up perfectly to the cauli mash and bright broccoli!

Pantry items Olive Oil, Butter, Milk

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

ingi edients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
cauliflower	1 medium portion	1 large portion		
butter* (for the mash)	30g	60g		
milk*	2 tbs	1/4 cup		
salt*	1/4 tsp	½ tsp		
garlic	2 cloves	4 cloves		
parsley	1 bag	1 bag		
broccoli	1 head	2 heads		
beef rump	1 small packet	2 small packets OR 1 large packet		
butter* (for the sauce)	40g	80g		
beef rump**	1 small packet	2 small packets OR 1 large packet		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2528kJ (604Cal)	370kJ (88Cal)
Protein (g)	46.5g	6.8g
Fat, total (g)	34.2g	5g
- saturated (g)	20.7g	3g
Carbohydrate (g)	27g	3.9g
- sugars (g)	8.2g	1.2g
Sodium (mg)	544mg	80mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3203kJ (765Cal)	384kJ (91Cal)
Protein (g)	77.1g	9.2g
Fat, total (g)	38.4g	4.6g
- saturated (g)	22.2g	2.7g
Carbohydrate (g)	27g	3.2g
- sugars (g)	8.2g	1g
Sodium (mg)	619mg	74mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.







Cook the mash

- Bring a medium saucepan of lightly salted water to the boil.
- Peel potato and cut into large chunks.
- Cut cauliflower into small pieces.
- Cook potato and cauliflower in the boiling water until easily pierced with a fork, 10-15 minutes.
- Drain and return to the saucepan, then add the butter (for the mash), the milk and the salt.
 Mash until smooth and cover to keep warm.

Little cooks: Get those muscles working and help mash the potatoes!



Cook the steak

 In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook
 beef rump, turning, for 3-6 minutes (depending on thickness) or until cooked to your liking.
 Transfer to a plate to rest.

Custom Recipe: Cook beef in batches if your pan is getting crowded.



- · Meanwhile, finely chop garlic and parsley.
- Cut broccoli into small florets and roughly chop the stalk.
- See 'Top Steak Tips!' (below). Place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened.
- In a medium bowl, combine beef and a drizzle of olive oil, then season with salt and pepper.
 Set aside.

TIP: If your beef is more than 3cm thick, cut in half horizontally before pounding for a shorter cook time.

Custom Recipe: If you've doubled your beef rump, prep beef in the same way as above.



Cook the broccoli

- While beef is resting, wipe out frying pan, then return to medium-high heat with a drizzle of olive oil.
- Cook broccoli, tossing, until tender,
 5-6 minutes.
- Add the remaining garlic and cook until fragrant,
 1 minute. Season to taste.



Make the parsley butter

- Place butter (for the sauce) and half the garlic in a small heatproof bowl and microwave in 10 second bursts until softened.
- Add parsley to the garlic butter and mash together with a fork. Season.

TIP: If you don't have a microwave, set the butter aside at room temperature to warm up and combine later!



Serve up

- · Slice rump steak.
- Divide steak, cauli mash and garlicky greens between plates.
- Spoon parsley butter over the steak to serve. Enjoy!

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.



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