



Seared Steak & Creamy Parmesan Sauce

with Mash & Mustardy Greens

FAST & FANCY

KID FRIENDLY

Grab your Meal Kit with this symbol



Beef Rump



Zucchini



Baby Broccoli



Wholegrain Mustard



Mashed Potato



Garlic Paste



Light Cooking Cream



Parmesan Cheese

Prep in: 15-25 mins
Ready in: 20-30 mins

This fun, fresh and fast meal is nothing short of fancy. With a gorgeous mashed potato, array of mustardy greens and a perfectly seared steak, all you need to finish it off is a slathering of a creamy Parmesan sauce.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef rump	1 small packet	2 small packets OR 1 large packet
zucchini	1	2
baby broccoli	1 bunch	2 bunches
wholegrain mustard	1 packet	2 packets
mashed potato	1 packet	2 packets
garlic paste	½ packet	1 packet
light cooking cream	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2786kJ (666Cal)	427kJ (102Cal)
Protein (g)	49.4g	7.6g
Fat, total (g)	34.9g	5.3g
- saturated (g)	17.3g	2.6g
Carbohydrate (g)	34.3g	5.3g
- sugars (g)	10.6g	1.6g
Sodium (mg)	3551mg	544mg

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.

1



Cook the steak

- Place **beef rump** between two sheets of baking paper.
- Pound **beef** with a meat mallet or rolling pin until slightly flattened (this ensures it's extra tender once cooked). Season **beef** with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

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

3



Cook the sauce

- In a heatproof bowl, place **mashed potato**. Microwave until hot and steaming, **3 minutes**. Season.
- Meanwhile, return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic paste** (see ingredients) until fragrant, **1 minute**.
- Add **light cooking cream** and a pinch of **salt**. Simmer until slightly reduced, **1-2 minutes**.
- Remove from heat and stir in **Parmesan cheese** until combined. Season with **pepper**.

2



Cook the veggies

- Meanwhile, chop **zucchini**.
- Trim and halve **baby broccoli**.
- Return pan to medium-high heat with a drizzle of **oil**. Cook **zucchini** and **baby broccoli**, tossing, until tender, **4-5 minutes**.
- Add **wholegrain mustard** to your taste and toss to coat. Season to taste.
- Transfer to a bowl and cover to keep warm.

4



Serve up

- Slice steak.
- Divide steak, mash and mustardy greens between plates.
- Spoon over creamy Parmesan sauce to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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