

Seared Steak & Creamy Parmesan Sauce

with Mash & Mustardy Greens

FAST & FANCY

KID FRIENDLY















Baby Broccoli

Wholegrain Mustard





Garlic Paste

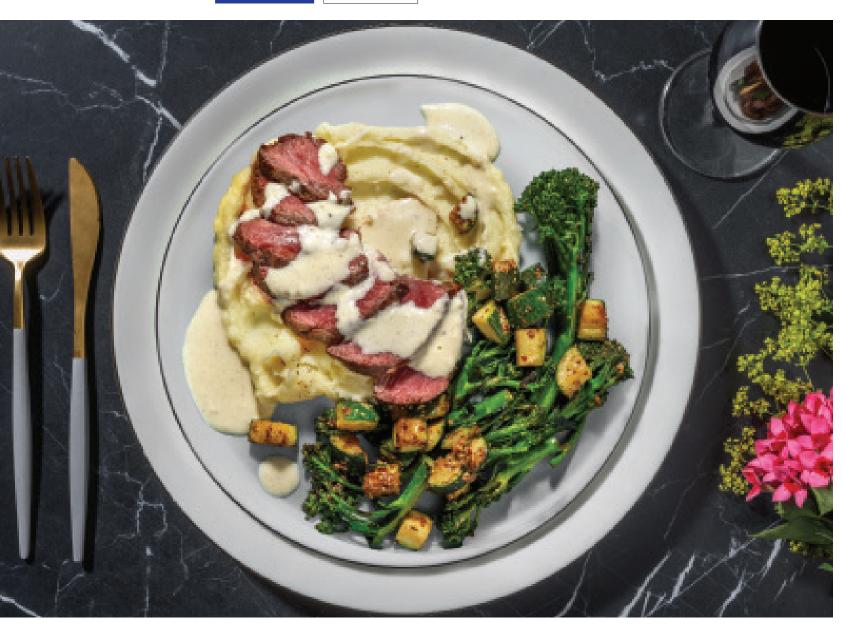
Mashed Potato



Light Cooking



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.

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

| 9 | | |
|-----------------------|-----------------|--------------------------------------|
| | 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) | 3551mσ | 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.



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.



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.



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.



Serve up

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



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