



# Beef Rump & Mushroom Jus

with Roasted Veggies & Potato Mash

NEW



Grab your Meal Kit with this symbol



Carrot



Red Onion



Potato



Beef Rump



Sliced Mushrooms



Vegetable Stock Powder



Slow-Cooked Pork Belly

Prep in: 30-40 mins  
Ready in: 35-45 mins



**Carb Smart\***  
*\*Custom Recipe is not Carb Smart*



Eat Me Early

A succulent beef rump is the best way to add a bit of flare to your weeknight meal. Serve it with a side of creamy mashed potato, sweet caramelised roasted veggies and top it off with an earthy mushroom jus – bon appétit!

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

### Pantry items

Olive Oil, Milk, Butter, Balsamic Vinegar, Brown Sugar

## 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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
red onion	1	2
potato	2	4
<b>milk*</b>	2 tbs	4 tbs
<b>butter*</b>	60g	120g
beef rump	1 small packet	2 small packets OR 1 large packet
<b>water*</b>	2 tbs	¼ cup
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
sliced mushrooms	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
slow-cooked pork belly**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1980kJ (473Cal)	328kJ (78Cal)
Protein (g)	38.8g	6.4g
Fat, total (g)	17.9g	3g
- saturated (g)	7.7g	1.3g
Carbohydrate (g)	37.1g	6.2g
- sugars (g)	18.4g	3.1g
Sodium (mg)	587mg	97mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3711kJ (887Cal)	616kJ (147Cal)
Protein (g)	33.1g	5.5g
Fat, total (g)	67.1g	11.1g
- saturated (g)	29g	4.8g
Carbohydrate (g)	37.5g	6.2g
- sugars (g)	18.4g	3.1g
Sodium (mg)	598mg	99mg

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

## We're here to help!

Scan here if you have any questions or concerns



1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** into rounds.
- Cut **red onion** into wedges.
- Place **carrot** and **onion** on the oven tray lined with baking paper. Drizzle with **olive oil**, season with a pinch of **salt** and **pepper** and toss to coat. Roast on the top rack until tender, **20-25 minutes**.

4



## Cook the steak

- 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.

**Custom Recipe:** In a large frying pan, cook pork belly (no need for oil) over high heat (start the pork belly in a cold frying pan to help the fat melt without burning), tossing, until golden, 8-10 minutes. Transfer to a paper towel-lined plate.

### 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.

2



## Make the mash

- While the veggies are roasting, bring a medium saucepan of lightly salted water to the boil. Peel **potato** and cut into large chunks.
- Add **potato** 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 **milk** and half of the **butter** to the saucepan with the potato and season with **salt**. Mash until smooth. Cover to keep warm.

5



## Make the mushroom jus

- Return frying pan to medium-high heat with the remaining **butter** and a drizzle of **olive oil**. Add **sliced mushrooms** and cook until softened, **5-6 minutes**.
- Add the **balsamic vinegar mixture**, **vegetable stock powder**. Stir to combine and simmer until slightly thickened, **1-2 minutes**. Stir through any steak **resting juices**. Season with **pepper**.

3



## Prep the steak

- **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. Season **beef** with **salt** and **pepper**.
- In a small bowl, combine the **water**, the **balsamic vinegar** and the **brown sugar**.

**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 upgraded to slow-cooked pork belly, using a paper towel, pat pork belly and wipe off any excess fat until dry. Cut pork into 2cm chunks. Continue as above.

6



## Serve up

- Slice beef rump.
- Divide the roasted veggies, mash and steak between plates.
- Spoon over mushroom jus to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)