











Beef Rump





Vegetable Stock

Powder

Sliced Mushrooms



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

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.

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
olive oil*	refer to method	refer to method
carrot	1	2
red onion	1	2
potato	2	4
milk*	2 tbs	4 tbs
butter*	60g	120g
beef rump	1 small packet	2 small packets OR 1 large packet
water*	2 tbs	1/4 cup
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	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.

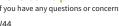
Allergens

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

Visit hellofresh.com.au/foodinfo 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





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.



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.



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 slowcooked 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.



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.



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**.



Serve up

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



- 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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