



# Seared Steak & Fuss-Free Mash

with Creamy Parmesan Sauce & 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
<b>olive oil*</b>	refer to method	refer to method
beef rump	1 medium packet	2 medium packets OR 1 large packet
zucchini	1	2
baby broccoli	1 bunch	2 bunches
wholegrain mustard	1 packet	2 packets
mashed potato	1 medium packet	2 medium packets
garlic paste	½ medium packet	1 medium 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)	10.8g	1.7g
Sodium (mg)	3551mg	544mg
Dietary Fibre (g)	9.7g	1.5g

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



## Cook the steak

- See **'Top Steak Tips!'** (below). Season **beef rump** 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 **4-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

**TIP:** If your beef is more than 4cm thick, cut in half horizontally before seasoning.

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**.

### 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



## 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!

## Rate your recipe

Did we make your tastebuds happy?

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