



# BALSAMIC BEEF & PARSLEY MASH

with Carrot & Beetroot Salad



Make a sticky balsamic sauce



Potato



Parsley



Garlic



Beef Rump



Thyme



Beetroot



Carrot

## Pantry Staples



Olive Oil



Water



Brown Sugar



Milk



Butter



Balsamic Vinegar

Hands-on: 20 mins  
Ready in: 40 mins

OK, you may need to break out the gloves for this, but the gorgeous colour and freshness of this carrot and beetroot salad is well worth it. It's simple earthiness cuts through all that rich tender beef and parsley mash!

## BEFORE YOU START

You will need: **large saucepan, vegetable peeler, chef's knife, chopping board, colander, potato masher or fork, shallow dish, tongs, box grater, plastic gloves, mixing bowl, medium frying pan, plate and aluminium foil.** Let's start cooking the **Balsamic Beef and Parsley Mash with Carrot & Beetroot Salad**



### 1 GET PREPPED

Bring a large saucepan of salted water to the boil. Peel and chop the **potato** into 2 cm chunks. Pick the **parsley** leaves. Peel and thinly slice the **garlic**.



### 2 COOK THE PARSLEY MASH

Add the **potato** to the boiling water and cook for **10-15 minutes**, or until soft when pierced with a knife. Drain and return to the saucepan. Add the **milk, butter** and **parsley** and mash with a potato masher or fork until smooth. Season to taste with a **pinch** of **salt** and **pepper**. Cover to keep warm.



### 3 MARINATE THE BEEF

While the potato is cooking, place the **beef rump** steaks in a shallow dish with **1/2** of the **balsamic vinegar**, the sliced **garlic** and the **thyme** springs (reserve a sprig to garnish). Season with a **pinch** of **salt** and **pepper**. Toss the steaks in the marinade and set aside.



### 4 PREP THE SALAD

Grate the **beetroot** and **carrot** (if you like pop some gloves on to prevent stained fingers). Place into a mixing bowl, drizzle with **2/3** of the **olive oil** and season with a **pinch** of **salt** and **pepper**. Set aside.



### 5 COOK THE BEEF & SAUCE

Heat the **remaining olive oil** in a medium frying pan over a high heat. Add the marinated **beef rump** to the pan, shaking off any excess marinade. Cook for **1-2 minutes** on each side for medium-rare (depending on thickness), or until cooked to your liking. Set aside on a plate covered with foil to rest for a **few minutes**. Thinly slice.

🌱 *To make the balsamic sauce, return the pan to a high heat. Add the **excess marinade** from the bowl, the **remaining balsamic vinegar**, **warm water** (check the ingredients list for the amount) and **brown sugar**. Season with a **pinch** of **salt** and **pepper**. Increase the heat to a simmer, then reduce the heat to low, stirring for **2 minutes**, or until thickened. Remove from the heat.*



### 6 SERVE UP

Divide the beef, parsley mash and carrot and beetroot salad between plates. Top with a drizzle of the balsamic sauce. Sprinkle over any remaining thyme.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
potato	400 g	800 g
parsley	1 bunch	2 bunches
garlic 🌱	1 clove	2 cloves
milk*	¼ cup	½ cup
butter*	1 tbs	2 tbs
beef rump	2 steaks	4 steaks
balsamic vinegar*	3 tbs	6 tbs
thyme	1 bunch	2 bunches
beetroot	1	2
carrot	1	2
olive oil*	1 ½ tbs	3 tbs
warm water*	2 tbs	4 tbs
brown sugar*	2 tsp	1 tbs

\*Pantry Items | 🌱 Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2370kJ (565Cal)	421kJ (101Cal)
Protein (g)	40.6g	7.2g
Fat, total (g)	23.9g	4.3g
- saturated (g)	8.5g	1.5g
Carbohydrate (g)	42.5g	7.6g
- sugars (g)	16.9g	3.0g
Sodium (g)	182mg	32mg

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