

## **BALSAMIC BEEF & PARSEY MASH**

with Carrot & Beetroot Salad







Make a sticky balsamic sauce





Potato



5



Garlic

Reef Rur





Thvme

Beetroot



Pantry Staples





Olive Oil

Water





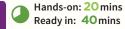
Brown Sugar

Milk



Butter

Balsamic Vinegar



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** 



**GET PREPPED** 





**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.



**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.



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.



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.



**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!

## **INGREDIENTS**

	2P	4P
potato	400 g	800 g
parsley	1 bunch	2 bunches
garlic ①	1 clove	2 cloves
milk*	⅓ 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

IUTRITION	PER SERVING	PER 100G
nergy (kJ)	2370kJ (565Cal)	421kJ (101Cal)
rotein (g)	40.6g	7.2g
at, total (g)	23.9g	4.3g
saturated (g)	8.5g	1.5g
arbohydrate (g)	42.5g	7.6g
sugars (g)	16.9g	3.0g
odium (g)	182mg	32mg

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