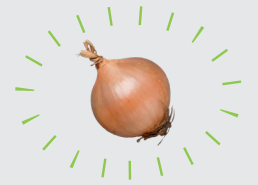




BEEF RUMP STEAKS

with Onion Gravy & Sweet Potato-Broccoli Colcannon



Make an onion gravy



Sweet Potato



Broccoli



Carrot



Brown Onion



Garlic



Beef Rump



Beef Stock

Pantry Staples



Olive Oil



Plain Flour



Water



Milk



Butter

Hands-on: 30 mins
Ready in: 40 mins

We're getting lucky tonight! Steady – we've borrowed the luck of the Irish to bring you this sweet potato-broccoli colcannon with rump steak and a delicious, do-it-yourself onion gravy. Colcannon you say? It's a traditional Irish mashed potato with broccoli stirred through that pairs perfectly with beef.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, fine grater, large saucepan** with a lid, **steaming basket** or **colander, bowl, aluminium foil, large frying pan, tongs, plate, wooden spoon** and a **potato masher** or **fork**.



1 GET PREPPED

Peel and chop the **sweet potato** into 2 cm chunks. Cut the **broccoli** into small florets and dice the stalk. Slice the **carrot** into 0.5 cm discs. Thinly slice the **brown onion**. Finely grate the **garlic**.



2 COOK THE VEGGIES

Place the **sweet potato** and the **broccoli stalk** in a large saucepan of cold water. Bring to the boil and cook for **10 minutes**. After **5 minutes**, place a steaming basket or colander over the saucepan and add the **broccoli florets** and the **carrot**. Continue cooking for **3-4 minutes**, or until the broccoli is tender and the sweet potato is soft when pierced with a knife. Place the broccoli florets and the carrot in a bowl and cover with foil to keep warm. Drain the sweet potato and broccoli stalk, return to the same saucepan and cover with a lid to keep warm.



3 COOK THE STEAKS

While the vegetables are cooking, season the **beef rump** steak on each side with a **pinch of salt** and **pepper**. Heat a **drizzle of olive oil** in a large frying pan over a high heat. Once the oil is hot, add the steak and cook for **2-3 minutes** on each side (depending on thickness). **TIP:** This will give you a medium steak, but cook for a little less time if you like it rare or a little longer for well done. Set aside on a plate to rest and cover with foil.



4 MAKE THE ONION GRAVY

Return the pan to a medium-high heat and add another **drizzle of olive oil** (if needed). Add the **brown onion** and cook for **4 minutes**, or until softened. Add the **garlic** and cook for **1 minute**, or until fragrant. Add the **plain flour** and stir to coat the onion. Crumble in the **beef stock** cube, add the **water** (**check the ingredients list for the amount**) and stir to combine. Simmer for **3-4 minutes**, stirring occasionally until thickened. Add the **beef rump** steak and cook for **1 minute**, or until warmed through.



5 MAKE THE COLCANNON

While the gravy is cooking, add the **milk**, **butter** and a **pinch of salt** and **pepper** to the saucepan with the sweet potato and broccoli stalk. Mash using a potato masher or fork until smooth. **TIP:** Some of the broccoli stalk may not mash but that's ok, just stir it through!



6 SERVE UP

Divide the beef rump steaks, sweet potato-broccoli colcannon and the steamed vegetables between plates. Spoon over the onion gravy.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	400 g	800 g
broccoli	1 head	2 heads
carrot	1	2
brown onion	1	2
garlic 🌱	1 cloves	2 cloves
beef rump	1 packet	2 packets
plain flour*	1 tbs	2 tbs
beef stock	1 cube	2 cubes
water*	1 ½ cups	3 cups
milk*	1 tbs	2 tbs
butter*	20 g	40 g

*Pantry Items | 🌱 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2410kJ (575Cal)	275kJ (66Cal)
Protein (g)	46.0g	5.3g
Fat, total (g)	20.8g	2.4g
- saturated (g)	8.0g	0.9g
Carbohydrate (g)	44.2g	5.1g
- sugars (g)	20.8g	2.4g
Sodium (g)	569mg	65mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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