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Beef with Fetta & Cannellini Bean Puree

Move over potato mash, there's a new side in town. This mash with sharp fetta and creamy cannellini beans is the perfect luxurious accompaniment to steak. You won't believe how quick it is either!



Prep: 10 mins

Cook: 20 mins

Total: 30 mins



level 1



gluten free



high protein

Pantry Items



Olive Oil



Butter



Milk



Zucchini



Cannellini Beans



Garlic



Fetta Cheese



Premium Beef Rump



Parsley

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2P	4P	Ingredients	
2	4	zucchini, sliced into batons	🌿
1 tbs	2 tbs	olive oil *	
1 tin	2 tins	cannellini beans, drained & rinsed	
2 steaks	4 steaks	premium beef rump	
20 g	40 g	butter *	
1 clove	2 cloves	garlic, peeled & crushed	⊕
1 block	2 blocks	fetta cheese, crumbled	
1 tbs	2 tbs	milk *	
½ bunch	1 bunch	parsley, leaves picked & finely chopped	⊕

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2890	Kj
Protein	52.8	g
Fat, total	42	g
-saturated	18.2	g
Carbohydrate	19.6	g
-sugars	4.3	g
Sodium	987	mg



You will need: chef's knife, chopping board, sieve, garlic crusher, oven tray lined with baking paper, two medium bowls, potato masher, medium saucepan, medium frying pan, tongs and plate.

1 Preheat the oven to **200°C/180°C** fan forced.

2 Lay out the **zucchini** batons on the prepared oven tray, drizzle with half the **olive oil** and season with **salt** and **pepper**. Toss to coat. Bake in the oven for **10-15 minutes**, or until lightly golden. Turn halfway through cooking.

3 Mash the **cannellini beans** in a medium bowl with a potato masher or fork until smooth – this will form the base of your mash. Set aside.

4 In a second medium bowl combine the remaining olive oil and **premium beef rump**, and season with salt and pepper. Heat a medium frying pan over a medium-high heat. Cook the beef for **2 minutes** on each side for medium rare, or until cooked to your liking. Set aside on a plate, covered with foil, for **5 minutes**. This ensures the steak is will be juicy and moist.

5 While the steak is resting, heat a medium saucepan over a medium heat and add the **butter** (and a dash of olive oil to stop the butter burning!). Add the **garlic** and cook for **1 minute**, or until fragrant. Add the cannellini beans and cook for a further **2 minutes**, or until softened and smooth. Add the **crumbled fetta cheese** and **milk** and stir for **1-2 minutes** to combine. Remove from the heat and set aside.

6 To serve spoon the cannellini bean mash onto a plate. Top with the beef and zucchini. Sprinkle over the **parsley** to finish. Enjoy!

Did you know? Cannellini beans originated in South America.

