



BEEF & PEPPERCORN SAUCE

with Garlic & Rosemary Mash



Master a perfect peppercorn sauce



Potatoes



Zucchini



Rosemary



Garlic



Chicken Stock



Beef Rump



Silverbeet

Pantry Staples



Black Pepper



Butter



Milk



Plain Flour



White Wine Vinegar



Hot Water



Olive Oil

Hands-on: 40mins
Ready in: 45mins

There ain't no party like a mashed potato party, and this mashed potato is infused with garlic and rosemary so it's extra delicious. Now, let's get to mastering peppercorn sauce!

BEFORE YOU START

You will need: **large saucepan, chef's knife, chopping board, small bowl, colander, garlic crusher, wooden spoon, potato masher or fork, small saucepan, medium frying pan, tongs, plate** and **aluminium foil**. Let's start cooking the **Beef & Peppercorn Sauce with Garlic & Rosemary Mash**



1 GET PREPPED

Put a large saucepan of salted water on to boil. Peel the **potato** and chop into 2 cm cubes. Peel and crush the **garlic**. Pick the **rosemary** leaves and finely chop. Grind the **black pepper** into a small bowl. Dice the **zucchini**.



2 COOK THE MASH

Add the **potato** to the boiling water and cook for **10-15 minutes**, or until soft when pierced with a knife. Drain and set aside. Add **1/3** of the **butter** to the pan, **1/2** of the **garlic** and the chopped **rosemary**. Cook for **1-2 minutes**, or until fragrant. Return the potato to the pan and mash using a potato masher or fork. Add **1-2 tbs** of the **milk**, season to taste with **salt** and **pepper** and mix well.



3 PREP THE PEPPERCORN SAUCE

Meanwhile, heat the **remaining butter** in a small saucepan over a low heat. Add the **plain flour** and stir into the butter for **2 minutes**. This cooks off the raw flour and will stop your sauce from tasting 'floury'. Add the **white wine vinegar** and mix well. Slowly add the **remaining milk** and mix well. Add the crumbled **chicken stock** cube, **hot water** and **black pepper**. Season with **salt** and simmer for **5 minutes**. Taste and add more pepper if desired and a dash more water if the sauce becomes too thick. Turn off the heat once you've reached your desired consistency.



4 COOK THE BEEF

Heat the **olive oil** in a medium frying pan over a medium-high heat. Season the **beef rump** with **salt** and **pepper** on both sides and add to the pan. Cook for **2-3 minutes** on each side for medium-rare, or cooked to your liking. Transfer to a plate and cover with aluminium foil to rest for **5 minutes**. Thinly slice.



5 COOK THE VEGGIES

Add the **zucchini** to the same pan and cook for **2-3 minutes** or until golden. Add the **remaining garlic** and cook for **1 minute**, or until fragrant. While the zucchini is cooking, roughly chop the **silverbeet** and add to the pan. Cook for a further **2 minutes**, or until slightly wilted. Season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the garlic & rosemary mash, beef and vegetables between plates. Spoon the peppercorn sauce over the beef.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
potatoes	400 g	800 g
garlic 🌱	2 cloves	4 cloves
rosemary 🌱	½ bunch	1 bunch
black pepper*	¼ tsp	½ tsp
zucchini	1	2
butter*	1 ½ tbs	3 tbs
milk*	½ cup	1 cup
plain flour*	1 tbs	2 tbs
white wine vinegar*	2 tsp	1 tbs
chicken stock 🌱	½ cube	1 cube
hot water*	½ cup	1 cup
olive oil*	1 tbs	2 tbs
beef rump	1 steak	2 steaks
silverbeet	1 bunch	2 bunches

*Pantry Items | 🌱 Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2200kJ (526Cal)	346kJ (83Cal)
Protein (g)	40.9g	6.4g
Fat, total (g)	22.8g	3.6g
- saturated (g)	9.6g	1.5g
Carbohydrate (g)	35.6g	5.6g
- sugars (g)	7.1g	1.1g
Sodium (g)	242mg	38mg

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hello@hellofresh.com.au

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