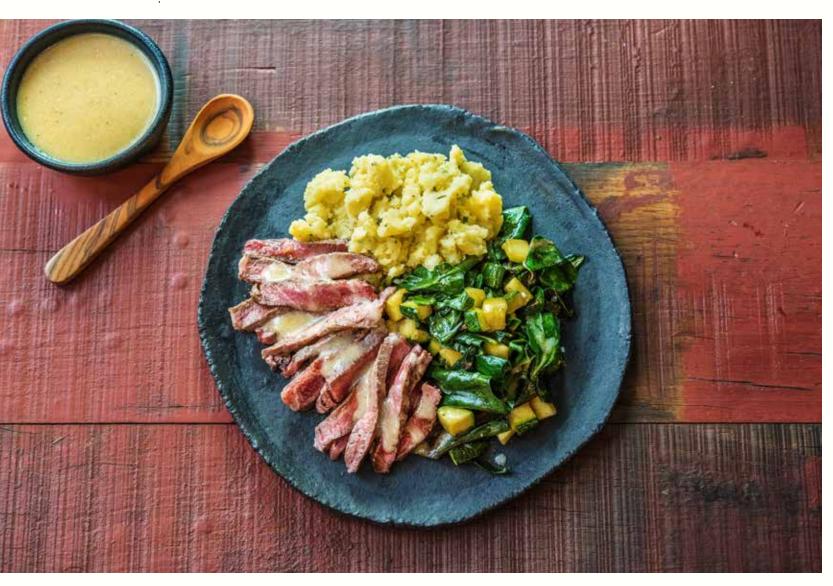


BEEF & PEPPERCORN SAUCE

with Garlic & Rosemary Mash







Master a perfect peppercorn sauce











Rosemary







Chicken Stock

Beef Rump



Silverbeet

Pantry Staples





Black Pepper





Plain Flour









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**



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.



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.



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.



*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

INGREDIENTS

400 g

2 cloves

½ bunch

1/4 tsp

1 ½ tbs

1/2 cup

1 tbs

2 tsp

½ cube

1/2 cup

1 tbs

1 steak

1 bunch

1

800 g

4 cloves

1 bunch

½ tsp

3 tbs

1 cup

2 tbs

1 tbs

1 cube

1 cup

2 tbs

2 steaks

2 bunches

2

potatoes

garlic 👁

zucchini

plain flour*

hot water*

beef rump

silverbeet

olive oil*

white wine vinegar

chicken stock @

butter*

milk*

rosemary @ black pepper*



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.



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.



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

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