



ROSEMARY GARLIC STEAK

with Parmesan Mash & Broccoli



Use the tasty resting juices to create a sauce for the steak!



Potato



Rosemary



Garlic



Broccoli



Lemon



Grated Parmesan Cheese



Slivered Almonds



Beef Rump

Hands-on: **25 mins**
Ready in: **30 mins**

Naturally gluten-free
Not suitable for Coeliacs

Low calorie

Simple, easy and stunning - they are the buzzwords for tonight's dinner. Tender beef gets a rich rosemary sauce, classic mash gets a tasty upgrade with Parmesan cheese and a sprinkling of toasted almonds adds a fun twist to regular greens. One taste of this special meal and you'll be buzzing too!

Each week, we search the country to source the best produce, with a focus on seasonality, quality, and variety. Due to the recent hot weather, this week's green beans were not up to our quality standards so we've replaced them with broccoli. Don't worry, the recipe will be just as delicious!

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 1cm chunks. Chop the **broccoli** into small florets and roughly chop the stalk. Pick and finely chop the **rosemary** leaves. Finely chop the **garlic** (or use a garlic press). Slice the **lemon** in half.



2 MAKE THE PARMESAN MASH

Add the **potato** to the pan of boiling water and cook for **10-15 minutes**, or until soft when pierced with a knife. Drain very well and return to the saucepan. Add the **salt** and **1/2** the **butter** to the potato. Mash with a potato masher or fork until as smooth as possible. Stir through the **grated Parmesan cheese** and cover with a lid to keep warm.

TIP: For the low-calorie option, don't stir through the Parmesan.



3 COOK THE BROCCOLI

While the potato is cooking, heat a medium frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, for **3-4 minutes** or until golden. Transfer to a small bowl. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **broccoli** and a **splash of water** and cook for **5-6 minutes** or until tender. Season with **salt** and **pepper** and transfer to a plate. Cover to keep warm.



4 COOK THE STEAK

Return the frying pan to a high heat. Slice each **beef rump** in half to get 1 steak per person. **Drizzle** the steaks with **olive oil** and season with a **pinch of salt** and **pepper**. Add the beef rump to the pan and cook for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate and rest for **5 minutes**.

TIP: This will give you a medium steak but cook for a little less if you like it rare, or a little longer for well done.



5 MAKE THE SAUCE

Return the pan to a medium heat with the **remaining butter** and the **garlic** and **rosemary**. Heat for **1 minute** or until the butter has lightly browned and the rosemary is fragrant. **TIP:** Watch to make sure the butter doesn't burn. Add the **resting juices** from the steak and a **squeeze of lemon juice**. Stir to combine and cook for **1 minute** or until thickened. Remove the pan from the heat.

TIP: Seasoning is key in this sauce, so taste and add a pinch of salt, pepper or another squeeze of lemon juice if you like.



6 SERVE UP

Thickly slice the steak. Divide the steak, Parmesan mash and broccoli between plates. Spoon over the rosemary garlic butter sauce and sprinkle with the slivered almonds.

TIP: For the low-calorie option, serve without the slivered almonds.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| rosemary | 1 bunch | 1 bunch |
| garlic | 1 clove | 2 cloves |
| broccoli | 1 head | 2 heads |
| lemon | 1 | 2 |
| salt* | ½ tsp | 1 tsp |
| butter* | 40 g | 80 g |
| grated Parmesan cheese | 1 packet (30 g) | 2 packets (60 g) |
| slivered almonds | 1 packet | 2 packets |
| beef rump | 1 packet | 1 packet |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 2230kJ (532Cal) | 418kJ (100Cal) |
| Protein (g) | 44.1g | 8.3g |
| Fat, total (g) | 24.5g | 4.6g |
| - saturated (g) | 14.1g | 2.7g |
| Carbohydrate (g) | 29.0g | 5.5g |
| - sugars (g) | 2.1g | 0.4g |
| Sodium (g) | 661mg | 124mg |

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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

Hello@HelloFresh.com.au

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