

ROSEMARY GARLIC STEAK

with Parmesan Mash & Broccoli





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















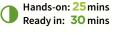




Slivered Almonds

Beef Rump

Pantry Staples: Olive Oil, Butter



Naturally gluten-free

Not suitable for Coeliacs



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!



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.



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.



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.



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

ENJOY!



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.



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.

44.1g Protein (g) 24.5g Fat, total (g) - saturated (g) 14.1g 29.0g Carbohydrate (g) 2.1g - sugars (g) 661mg Sodium (g) HelloFresh.com.au/foodinfo

grated Parmesan cheese

slivered almonds

beef rump

*Pantry Items

NUTRITION

Energy (kJ)

olive oil'

potato

garlic

broccoli

lemon salt*

butter*

rosemary

For allergens and ingredient information, visit

INGREDIENTS

refer to

method

1 clove

1 head

½ tsp

40 g

1 packet

1 packet

1 packet

PER SERVING

2230kJ (532Cal)

(30 g)

1

2 1 bunch refer to

method

1 bunch

2 cloves

2 heads

2

1 tsp

80 g

2 packets

2 packets

1 packet

PER 100G

418kJ (100Cal)

8.3g

4.6g

2.7g

5.5g

0.4g

124mg

without the slivered amonds.

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