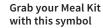


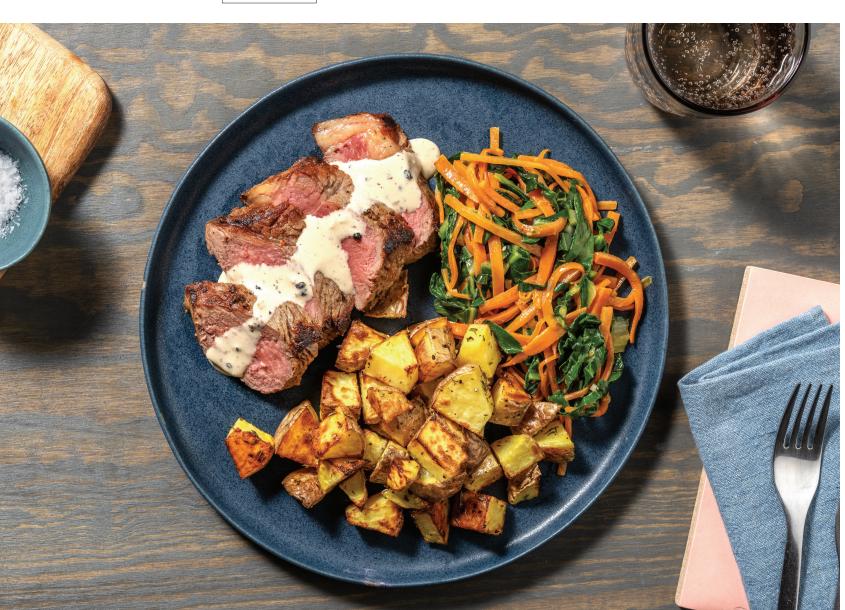
Seared Beef Rump & Creamy Peppercorn Sauce

with Rosemary Roast Potato & Garlic Veggies

KID FRIENDLY



















Silverbeet

Black Peppercorns



Vegetable Stock Powder



Light Cooking

Cream



Prep in: 30-40 mins Ready in: 35-45 mins

Carb Smart* *Custom Recipe is not Carb Smart

Upgrade your meat and three veg by sticking to our 'Top Steak Tips' for the beef rump, before topping it with a silky peppercorn sauce, and serving with some super flavourful veggies sides - courtesy of fresh rosemary and garlic.



Before you start Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
rosemary	1 stick	2 sticks	
garlic	1 clove	2 cloves	
carrot	2	4	
silverbeet	1 medium bag	1 large bag	
black peppercorns	1 medium sachet	1 large sachet	
beef rump	1 small packet	1 large packet	
water*	2 tbs	⅓ cup	
butter*	10g	20g	
light cooking cream	1 medium packet	1 large packet	
vegetable stock powder	1 medium sachet	1 large sachet	
beef rump**	1 small packet	1 packet	
*Pantry Items **Custom Recipe Ingredient			

Nutrition

Avg Qty	Per Serving	Per 100g
0 0 0	•	-
Energy (kJ)	2139kJ (511Cal)	332kJ (79Cal)
Protein (g)	39g	6g
Fat, total (g)	21.9g	3.4g
- saturated (g)	12.3g	1.9g
Carbohydrate (g)	37.3g	5.8g
- sugars (g)	17.6g	2.7g
Sodium (mg)	731mg	113mg
Dietary Fibre (g)	11.1g	1.7g
Custom Recipe		
Ava Otu	Por Sorving	Por 100g

Custom Recipe			
Avg Qty	Per Serving	Per 100g	
Energy (kJ)	2814kJ (673Cal)	354kJ (85Cal)	
Protein (g)	69.6g	8.8g	
Fat, total (g)	26.1g	3.3g	
- saturated (g)	13.8g	1.7g	
Carbohydrate (g)	37.3g	4.7g	
- sugars (g)	17.6g	2.2g	
Sodium (mg)	806mg	101mg	

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the potato

- Preheat oven to 220°C/200°C fan-forced. Cut **potato** into bite-sized chunks. Pick and finely chop rosemary leaves.
- Place **potato** and **rosemary** on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat.
- · Roast until tender, 25-30 minutes.

TIP: If your oven tray is crowded, divide the potato and rosemary between two trays.

Little cooks: Help pick the rosemary leaves and toss the potato!



Get prepped

- Meanwhile, finely chop garlic. Slice carrot into thin sticks. Roughly chop silverbeet.
- Lightly crush black peppercorns using a pestle and mortar or in their sachet using a rolling pin. Set aside.
- See 'Top Steak Tips!' (bottom). Place beef rump between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened. Season with salt and pepper. Set aside.



Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- · Cook carrot with the water, stirring, until softened, 4-5 minutes.
- Add the **butter**, 1/2 the **garlic** and **silverbeet**. Cook, stirring, until fragrant and wilted, 1 minute. Season to taste.
- Transfer to a plate and cover to keep warm.



Cook the beef

- · Return frying pan to high heat with a drizzle of olive oil.
- Cook beef, turning, for 3-6 minutes, or until cooked to your liking. Transfer to a plate to rest.

Custom Recipe: If you've doubled your beef rump, cook beef in batches for the best results.



Make the peppercorn sauce

- Return frying pan (don't wash it out!) to medium heat with a drizzle of olive oil.
- Cook crushed peppercorns and remaining garlic until fragrant, 30 seconds.
- Reduce heat to low. Add a dash of water, then scrape up any bits stuck to the bottom of the pan. Add light cooking cream and vegetable **stock powder**. Cook, stirring, until sauce is thickened. 1-2 minutes.
- Stir through any **beef resting juices**. Remove from heat.



Serve up

- Slice seared beef rump.
- Divide beef, rosemary roast potato and garlic veggies between plates.
- · Drizzle creamy peppercorn sauce over beef to serve. Enjoy!

Little cooks: Under adult supervision, add the finishing touch by drizzling over the sauce. Be careful, the pan and sauce are hot!

- 1. Use paper towel to pat steak dry before seasoning.
- 2. Check if steak is done by pressing on it gently with tongs rare steak is soft, medium is springy and well-done is firm.
- 3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.





Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate



