



Seared Beef Rump & Creamy Peppercorn Sauce

with Rosemary Roast Potato & Garlic Veggies

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Rosemary



Garlic



Carrot



Silverbeet



Black Peppercorns



Vegetable Stock Powder



Beef Rump



Light Cooking Cream



Beef Rump

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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

	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	¼ 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
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

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.

We're here to help!

Scan here if you have any questions or concerns



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!



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.

Top Steak Tips!

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.



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.



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.



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.



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!

Rate your recipe

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