



Seared Beef Rump & Baby Broccoli

with Mustardy Green Beans, Parsley-Butter & Mash

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Black Peppercorns



Parsley



Garlic



Green Beans



Baby Broccoli



Beef Rump

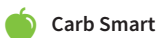


Wholegrain Mustard



Beef Rump

Prep in: 25-35 mins
Ready in: 30-40 mins



It's the little things that make this dish sing! Mustard-doused veggies are one-of-a-kind and complement the parsley-garlic butter rump oh so well. With a smashing serving of creamy mash, this one is extra hearty and extra tasty!

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

Pantry items

Olive Oil, Butter, Milk

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter* (for the sauce)	30g	60g
potato	2	4
butter* (for the mash)	30g	60g
milk*	2 tbs	4 tbs
salt*	¼ tsp	½ tsp
black peppercorns	½ large sachet	1 large sachet
parsley	1 bag	1 bag
garlic	1 clove	2 cloves
green beans	1 small bag	1 medium bag
baby broccoli	1 bunch	2 bunches
beef rump	1 small packet	1 large packet
wholegrain mustard	1 packet	2 packets
beef rump**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1878kJ (449Cal)	345kJ (82Cal)
Protein (g)	41.1g	7.5g
Fat, total (g)	18.5g	3.4g
- saturated (g)	7.8g	1.4g
Carbohydrate (g)	27.4g	5g
- sugars (g)	7.2g	1.3g
Sodium (mg)	2440mg	448mg
Dietary Fibre (g)	10.5g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2553kJ (610Cal)	368kJ (88Cal)
Protein (g)	71.7g	10.3g
Fat, total (g)	22.7g	3.3g
- saturated (g)	9.3g	1.3g
Carbohydrate (g)	27.4g	3.9g
- sugars (g)	7.2g	1g
Sodium (mg)	2515mg	362mg
Dietary Fibre (g)	10.5g	1.5g

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.

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Make the mash

- Remove the **butter (for the sauce)** from the fridge (to bring to room temp!).
- Bring a medium saucepan of lightly salted water to the boil. Peel **potato** and cut into 2cm chunks.
- Add **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter (for the mash)**, the **milk** and the **salt** to the saucepan with the **potato**. Mash with a **potato masher** or fork until smooth. Cover with a lid to keep warm.



Cook the steak

- Return frying pan to high heat with a drizzle of **olive oil**.
- When the oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest and top with the **pepper** and **parsley butter**.

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

Top Steak Tips!

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



Make the parsley-garlic butter

- While the potatoes are boiling, lightly crush **black peppercorns (see ingredients)** using a pestle and mortar or in their sachet using a rolling pin.
- Finely chop **parsley**. Finely chop **garlic**.
- In a medium frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl with the **peppercorns**, **parsley** (reserve a pinch for the garnish!) and **butter (for the sauce)**. Season with **salt** and mash with a fork to combine. Set aside.



Cook the mustard greens

- While the steak is resting, wipe out the frying pan and return to medium-high heat.
- Add **baby broccoli** and **green beans** with a dash of **water** and cook, tossing, until softened, **4-5 minutes**.
- Add **wholegrain mustard** to the pan and toss to combine.

TIP: Add a little less mustard if it is not to your taste. Season to taste with salt and pepper.



Get prepped

- Trim **green beans** and **baby broccoli**.
- Place **beef rump** between two sheets of baking paper.
- Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season **beef** with **salt** and **pepper**.

TIP: Pounding the beef ensures that it's extra tender once cooked.



Serve up

- Thinly slice the beef rump.
- Divide the mashed potato and mustard veggies between plates.
- Top with steak. Spoon over parsley-garlic butter and any resting juices.
- Garnish with reserved parsley to serve. Enjoy!

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