



Everything  
But The Chef

HelloFresh.com.au

hello@hellofresh.com.au | 31 888 722

Wk25  
2015

Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

## Rump Steak with Pesto Mash

Stuck for new ways to make a side of mashed potato more interesting? This flavoursome, homemade basil pesto is sure to do the trick. Once you have learned the secret of the perfect pesto, the store bought ones won't compare, and plain mashed potato won't make the cut!



Prep: 15 mins

Cook: 20 mins

Total: 35 mins



level 2



gluten  
free



pantry  
items



Desiree Potatoes



Green Beans



Basil



Parmesan Cheese



Pine Nuts



Lemon



Rump Steak

| 2P        | 4P        | Ingredients                      |
|-----------|-----------|----------------------------------|
| 450 g     | 900 g     | desiree potatoes, peeled & cubed |
| 100 g     | 200 g     | greens beans, trimmed            |
| ¼ cup     | ½ cup     | milk *                           |
| 1 bunch   | 2 bunches | basil, leaves picked             |
| 15 g      | 30 g      | Parmesan cheese, finely grated   |
| 25 g      | 50 g      | pine nuts                        |
| ½         | 1         | lemon, juiced                    |
| 2 tsp     | 1 tbs     | olive oil *                      |
| 2 fillets | 4 fillets | rump steak                       |

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

|              |      |    |
|--------------|------|----|
| Energy       | 2390 | Kj |
| Protein      | 50.6 | g  |
| Fat, total   | 24.3 | g  |
| -saturated   | 6.1  | g  |
| Carbohydrate | 34.1 | g  |
| -sugars      | 5    | g  |
| Sodium       | 194  | mg |

#### Measuretool

|      |      |      |
|------|------|------|
| 0 cm | 1 cm | 2 cm |
|      |      |      |



**1** Place the **potatoes** in a saucepan of cold salted water, bring to the boil and cook for **20 minutes** or until tender. Add the **green beans** in the last **3 minutes** of cooking. Drain. Separate the beans from the potatoes. Cover the beans and set aside. Add the **milk** to the potatoes and mash with a potato masher until smooth.



**2** Meanwhile to make the pesto, place the **basil**, **Parmesan cheese**, **pine nuts**, **lemon juice**, and **olive oil** in a mortar and pestle and process until smooth. If you don't have a mortar and pestle just chop all of the ingredients very finely and mix together. Set aside.

**3** Heat a little oil in a frying pan over a high heat. Season the **steak** with **salt** and **pepper**. Add the steak to the hot pan and cook for **4-5 minutes** on each side, or until cooked to your liking. Remove from the pan and set aside. Cover with foil and rest for **5 minutes**.

**4** Stir half of the pesto through the mashed potato.



**5** To serve, divide the pesto mash, greens beans and steaks between plates. Top the steaks with the remaining pesto.



**Did you know?** Pine nuts are the edible seeds of pines and are believed to have been eaten since the Paleolithic period!