



Southern Beef Rump & Mustard Sauce

with Sour Cream & Onion Mash

Grab your Meal Kit with this symbol



Carrot



Courgette



Brown Onion



Potato



Sour Cream



All-American Spice Blend



Beef Rump



Dijon Mustard



Herbs



Hands-on: **30-40 mins**
Ready in: **40-50 mins**

Long after you finish this dinner of steak and three veg, you're going to remember the way it was transformed by the simple addition of a luscious mustard sauce. It's an easy trick that gives this classic dish a new lease of life.

Pantry items

Olive Oil, Butter, Brown Sugar

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

Medium saucepan · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	2	4
courgette	1	2
brown onion	1 (medium)	1 (large)
potato	2	4
butter* (for the mash)	40g	80g
sour cream	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
All-American spice blend	1 sachet	1 sachet
beef rump	1 packet	1 packet
butter* (for the sauce)	20g	40g
Dijon mustard	15g	30g
water*	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
herbs	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3186kJ (761Cal)	401kJ (95Cal)
Protein (g)	43.6g	5.5g
Fat, total (g)	39.9g	5g
- saturated (g)	24.8g	3.1g
Carbohydrate (g)	56.7g	7.1g
- sugars (g)	21.6g	2.7g
Sodium (mg)	1349mg	170mg

Allergens

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

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



1 Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil. Cut the **carrot** (unpeeled) and **courgette** into 2cm chunks. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **15-20 minutes**.

TIP: Cut the veggies to size so they cook in time.



2 Get prepped

While the veggies are roasting, finely chop the **brown onion**. Heat a large frying pan over a medium heat with a drizzle of **olive oil**. Cook the **onion** until softened, **5-6 minutes**. Transfer to a bowl.



3 Make the mash

Peel the **potato** and cut into 2cm chunks. Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain the **potato** and return to the saucepan. Add the **butter (for the mash)**, **sour cream** and the **salt** and mash with a potato masher or fork until smooth. Add the **onion** to the mashed potato and stir through. Cover to keep warm.



4 Cook the steak

See Top Steak Tips (below) for extra info!

In a medium bowl, combine the **All-American spice blend** and a drizzle of **olive oil**. Add the **beef rump** and toss to coat. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the steak for **3-4 minutes** on each side for medium-rare, or until cooked to your liking. Using tongs, sear the fat until golden, **30 seconds**. Transfer to a plate to rest.



5 Make the mustard sauce

While the steak is resting, return the frying pan to a medium heat. Add the **butter (for the sauce)**, **Dijon mustard**, the **water** and **brown sugar**. Season with **salt** and **pepper**. Bring to the boil, then reduce the heat to low and cook, stirring, until slightly thickened, **1 minute**. Stir through the **steak resting juices** and remove from the heat.



6 Serve up

Roughly chop the **herbs**. Slice the steak. Divide the onion mash, steak and roasted veggies between plates. Pour over the mustard sauce and garnish with the herbs.

Enjoy!

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.