



# Beef Rump & Creamy Peppercorn Sauce

with Roasted Potatoes & Garlic Veggies

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Broccoli



Black Peppercorns



Beef Rump



Pure Cream



Vegetable Stock

Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

There's something eternally comforting about the aroma of a creamy peppercorn sauce. Completely mouth-watering to say the least. Drizzled over tender beef rump with a side of crispy roasted potatoes and aromatic veggies, it's time for pub-style steak and chips to move over; there's a new contender in town.

### 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	3	6
garlic	1 clove	2 cloves
carrot	1	2
broccoli	1 head	2 heads
black peppercorns	½ sachet	1 sachet
water*	2 tbs	¼ cup
butter*	10g	20g
beef rump	1 packet	1 packet
pure cream	½ bottle (150ml)	1 bottle (300ml)
vegetable stock	½ sachet	1 sachet

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3000kJ (716Cal)	469kJ (112Cal)
Protein (g)	46.0g	7.2g
Fat, total (g)	41.8g	6.6g
- saturated (g)	23.8g	3.7g
Carbohydrate (g)	33.9g	5.3g
- sugars (g)	7.3g	1.1g
Sodium (mg)	379mg	59mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](http://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

### 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.



## 1. Roast the potatoes

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place the **potato**, a **drizzle of olive oil** and a **pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, separate across two trays.

**TIP:** Cut the potato to the correct size so it cooks in the allocated time!



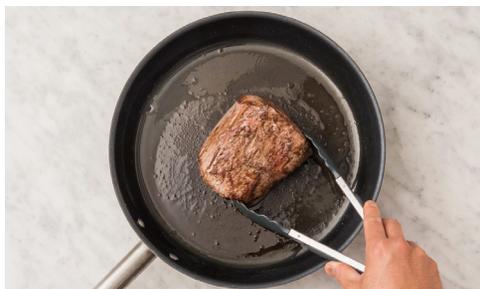
## 2. Get prepped

While the potato is roasting, finely chop the **garlic** (or use a garlic press). Thinly slice the **carrot** (unpeeled) into batons. Cut the **broccoli** into small florets, then roughly chop the stalk. Lightly crush the **black peppercorns** (see ingredients list) in a pestle and mortar or in their sachet using a rolling pin.



## 3. Cook the veggies

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **carrot**, **broccoli** and the **water** and cook until softened, **6-7 minutes**. Add the **butter** and **1/2 the garlic** and cook, until fragrant, **1 minute**. Season with a **pinch of salt** and **pepper**. Transfer to a plate and cover to keep warm.



## 4. Cook the beef rump

**See Top Steak Tips (left) for extra info!**

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Season the **beef rump** on all sides with a **pinch of salt** and **pepper**. When the oil is hot, add the **beef** to the pan and cook for **3-4 minutes** on each side for medium-rare or until cooked to your liking. Using tongs, sear the fat for **30 seconds** or until golden. Transfer to a plate and set aside to rest.



## 5. Make the peppercorn sauce

While the beef rump is resting, return the pan to a medium heat with a **drizzle of olive oil**. Add the crushed **peppercorns** and **remaining garlic** and cook, stirring, until fragrant, **30 seconds**. Reduce the heat to low, add a **dash of water** and scrape up any bits stuck to the bottom of the pan. Add the **pure cream** (see ingredients list) and **vegetable stock** (**1/2 sachet for 2 people / 1 sachet for 4 people**) and cook, stirring, until the sauce has thickened, **5-6 minutes**. Stir through any **beef resting juices**.



## 6. Serve up

Thickly slice the beef rump. Divide the roasted potatoes, garlic veggies and beef rump between plates. Pour over the creamy peppercorn sauce.

## Enjoy!