



Seared Rump Steak & Mustardy Greens

with Garlic-Parsley Butter & Mash

Grab your Meal Kit with this symbol



Potato



Black Peppercorns



Parsley



Garlic



Broccolini



Courgette



Beef Rump



Wholegrain Mustard

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

Long after you finish this humble dinner of steak and greens, you're going to remember the way it was transformed by the simple addition of tangy wholegrain mustard cooked into the veggies. It's an easy trick that gives this classic dish a new lease of life.

Unfortunately, this week's green beans were in short supply, so we've replaced them with broccolini. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Butter, Milk

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 · Large 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)	40g	80g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
black peppercorns	½ sachet	1 sachet
parsley	1 bunch	1 bunch
garlic	1 clove	2 cloves
broccolini	1 bunch	1 bunch
courgette	1	2
beef rump	1 packet	1 packet
wholegrain mustard	1 packet (40g)	2 packets (80g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2860kJ (683Cal)	460kJ (110Cal)
Protein (g)	43.3g	7.0g
Fat, total (g)	38.4g	6.2g
- saturated (g)	22.3g	3.6g
Carbohydrate (g)	37.7g	6.1g
- sugars (g)	5.9g	0.9g
Sodium (mg)	874mg	141mg

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.

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.



Make the mash

Bring the **butter (for the sauce)** to room temperature. Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Add the **potato** to the 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)**, **milk** and the **salt** to the **potato**. Mash with a potato masher or fork until smooth. Cover to keep warm.



Cook the steak

See Top Steak Tips (left) for extra info!

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef rump** for **3-5 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate and top with the **garlic-parsley butter**. Set aside to rest for **5 minutes**.



Make the garlic-parsley butter

While the potato is cooking, lightly crush the **black peppercorns** (see ingredients) in a pestle and mortar or in their sachet using a rolling pin. Finely chop the **parsley** leaves. Finely chop the **garlic**. In a large frying pan, heat **olive oil** (2 tsp for 2 people / 4 tsp for 4 people) over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a medium bowl along with the crushed **peppercorns**, **parsley** (reserve some for garnish!) and **butter (for the sauce)**. Season with **salt** and mash with a fork to combine. Set aside.



Cook the mustardy greens

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

TIP: Add a little less mustard if you're not a fan!



Get prepped

Trim and halve the **broccolini** lengthways. Thinly slice the **courgette** into batons. Season the **beef rump** on both sides with **salt**.



Serve up

Slice the steak. Divide the steak, mashed potato and mustardy greens between plates. Spoon over the garlic-parsley butter and steak resting juices. Garnish with the reserved parsley.

Enjoy!