



Seared Steak & Creamy Parmesan Sauce

with Oven-Baked Chips & Greens

Grab your Meal Kit with this symbol



Potato



Garlic



Courgette



Broccoli



Parsley



Beef Rump



Longlife Cream



Grated Parmesan Cheese



Beef-Style Stock Powder

Hands-on: **35-45 mins**
Ready in: **45-55 mins**

There's something eternally comforting about the aroma of herbs and garlic bubbling in a creamy Parmesan sauce. Completely mouth-watering to say the least. Drizzled over tender seared steak with a side of greens and oven-baked chips, 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	2	4
garlic	1 clove	2 cloves
courgette	1	2
broccoli	1 head	2 heads
parsley	1 bunch	1 bunch
beef rump	1 packet	1 packet
butter*	20g	40g
longlife cream	½ bottle (125ml)	1 bottle (250ml)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
beef-style stock powder	½ sachet	1 sachet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3170kJ (757Cal)	441kJ (105Cal)
Protein (g)	52.5g	7.3g
Fat, total (g)	42.9g	6.0g
- saturated (g)	26.0g	3.6g
Carbohydrate (g)	34.9g	4.9g
- sugars (g)	5.8g	0.8g
Sodium (mg)	509mg	71mg

Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Bake the chips

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chips. Place on an oven tray lined with baking paper. Season with **salt** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

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



2. Get prepped

While the chips are baking, finely chop the **garlic**. Thinly slice the **courgette** into half-moons. Cut the **broccoli** into small florets, then roughly chop the stalk. Roughly chop the **parsley** leaves.



3. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **courgette**, **broccoli** and a **splash** of **water** and cook until tender, **5-6 minutes**. Season with **salt** and **pepper**, then transfer to a bowl and cover to keep warm.



4. Cook the steak

See Top Steak Tips (bottom) for extra info!

Return the frying pan to a high heat with a **drizzle** of **olive oil**. Season the **beef rump** with **salt** and **pepper**. When the oil is hot, add the **beef rump** to the pan and cook for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



5. Make the sauce

Wash out and dry the frying pan, then return to a medium heat with the **butter** and a **drizzle** of **olive oil**. When the oil is hot, add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **longlife cream** (see ingredients list), **grated Parmesan cheese** and **beef-style stock powder** (**1/2 sachet for 2 people / 1 sachet for 4 people**) and stir to combine. Reduce the heat to low and simmer until thickened slightly, **5-6 minutes**. Stir through the **parsley** and any **steak resting juices** until combined and heated through. Season with **pepper** to taste.



6. Serve up

Thinly slice the steak. Divide the steak, chips and greens between plates. Spoon over the creamy Parmesan sauce.

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.