



# Seared Beef Rump, Broccoli & Cauli Mash

with Parsley-Garlic Butter

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Cauliflower



Garlic



Parsley



Broccoli



Beef Rump



Beef Rump

Prep in: 20-30 mins  
Ready in: 30-40 mins



Carb Smart\*

\*Custom Recipe is not Carb Smart

This parsley butter is the real deal! Dollop it over juicy beef rump and your new and improved protein portion will stand up perfectly to the cauli mash and bright broccoli!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Milk

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
cauliflower	1 medium portion	1 large portion
<b>butter*</b> (for the mash)	30g	60g
<b>milk*</b>	2 tbs	¼ cup
<b>salt*</b>	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
broccoli	1 head	2 heads
beef rump	1 small packet	2 small packets OR 1 large packet
<b>butter*</b> (for the sauce)	40g	80g
beef rump**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2528kJ (604Cal)	370kJ (88Cal)
Protein (g)	46.5g	6.8g
Fat, total (g)	34.2g	5g
- saturated (g)	20.7g	3g
Carbohydrate (g)	27g	3.9g
- sugars (g)	8.2g	1.2g
Sodium (mg)	544mg	80mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3203kJ (765Cal)	384kJ (91Cal)
Protein (g)	77.1g	9.2g
Fat, total (g)	38.4g	4.6g
- saturated (g)	22.2g	2.7g
Carbohydrate (g)	27g	3.2g
- sugars (g)	8.2g	1g
Sodium (mg)	619mg	74mg

The quantities provided above are averages only.

## Allergens

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

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

## We're here to help!

Scan here if you have any questions or concerns



1



## Cook the mash

- Bring a medium saucepan of lightly salted water to the boil.
- Peel **potato** and cut into large chunks.
- Cut **cauliflower** into small pieces.
- Cook **potato** and **cauliflower** in the boiling water until easily pierced with a fork, **10-15 minutes**.
- Drain and return to the saucepan, then add the **butter (for the mash)**, the **milk** and the **salt**. Mash until smooth and cover to keep warm.

**Little cooks:** Get those muscles working and help mash the potatoes!

4



## Cook the steak

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef rump**, turning, for **3-6 minutes** (depending on thickness) or until cooked to your liking. Transfer to a plate to rest.

**Custom Recipe:** Cook beef in batches if your pan is getting crowded.

### 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.

2



## Get prepped

- Meanwhile, finely chop **garlic** and **parsley**.
- Cut **broccoli** into small florets and roughly chop the stalk.
- **See 'Top Steak Tips!' (below)**. Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- In a medium bowl, combine **beef** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Set aside.

**TIP:** If your beef is more than 3cm thick, cut in half horizontally before pounding for a shorter cook time.

**Custom Recipe:** If you've doubled your beef rump, prep beef in the same way as above.

5



## Cook the broccoli

- While beef is resting, wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **broccoli**, tossing, until tender, **5-6 minutes**.
- Add the remaining **garlic** and cook until fragrant, **1 minute**. Season to taste.

3



## Make the parsley butter

- Place **butter (for the sauce)** and half the **garlic** in a small heatproof bowl and microwave in **10 second** bursts until softened.
- Add **parsley** to the **garlic butter** and mash together with a fork. Season.

**TIP:** If you don't have a microwave, set the butter aside at room temperature to warm up and combine later!

6



## Serve up

- Slice rump steak.
- Divide steak, cauli mash and garlicky greens between plates.
- Spoon parsley butter over the steak to serve. Enjoy!

## Rate your recipe

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