

SEARED BEEF & ROSEMARY SAUCE

Sure, it goes by many names (silverbeet, spinach or chard are a few) but in every language this hearty green leaf is totally delicious and definitely good for you. Try it in this comforting yet fancy version of traditional meat-and-three-veg. Dig in!

with Garlicky Silverbeet & Creamy Mash





Make a garlic rosemary sauce!











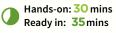




Rosemary

Beef Rump

Pantry Staples: Olive Oil, Milk, Butter, Vinegar (White Wine Or Red Wine), Honey







Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• large saucepan with a lid • medium frying pan



GET PREPPED

Bring a large saucepan of salted water to the boil. * TIP: Put a lid on the saucepan to help the water boil faster! Peel the potato and cut into 2cm chunks. Cut the zucchini into 2cm chunks. Roughly chop the silverbeet. Finely chop the **garlic** (or use a garlic press). Pick the **rosemary** leaves and finely chop. Slice each **beef rump** in half to get 1 steak per person.



MAKE THE POTATO MASH Add the **potato** to the saucepan of boiling water and cook for 10-15 minutes, or until easily pierced with a knife. Drain and return the potato to the saucepan. Add the milk, salt and 1/2 the butter. Mash using a potato masher or fork until smooth. Season with

a pinch of pepper. Cover with a lid to keep



COOK THE VEGGIES While the potato is cooking, heat a medium frying pan over a medium-high heat with a drizzle of olive oil. Add the zucchini and cook, stirring, for 5 minutes, or until tender. Add the silverbeet and 1/2 the garlic and cook for a further 2 minutes, or until slightly wilted. Season to taste with salt and **pepper**. Transfer to a medium bowl and cover to keep warm.



COOK THE BEEF

Return the medium frying pan to a high heat with a drizzle of olive oil. Season the beef rump steaks with a pinch of salt and pepper on both sides. Once hot, add the steaks 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 and set aside to rest. *TIP: This will give you a medium steak so cook a little less for rare, or longer for well done.



MAKE THE SAUCE

warm and set aside.

While the steak is resting, return the medium frying pan to a medium heat with the remaining butter and a dash of olive oil (to stop the butter from burning!). Add the remaining garlic and the rosemary and cook for 1-2 minutes, or until fragrant. Add the warm water, vinegar and honey and stir to combine. Season to taste with salt and pepper.



SERVE UP

Thinly slice the beef. Divide the creamy mash and vegetables between plates. Top with the seared beef and spoon over the rosemary sauce.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
zucchini	1	2
silverbeet	1 bag	1 bag
garlic	1 clove	2 cloves
rosemary	1 bunch	1 bunch
beef rump	1 packet	1 packet
milk*	2 tbs	⅓ cup
salt*	¼ tsp	½ tsp
butter*	40 g	80 g
warm water*	2 tsp	1 tbs
vinegar* (white wine or red wine)	2 tsp	1 tbs
honey*	1 tsp	2 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2240kJ (535Cal)	383kJ (92Cal)
Protein (g)	41.0g	7.0g
at, total (g)	24.6g	4.2g
saturated (g)	14.1g	2.4g
Carbohydrate (g)	33.7g	5.8g
sugars (g)	7.1g	1.2g
Sodium (g)	681mg	117mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

→ JOIN OUR PHOTO CONTEST!







We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722 Hello@HelloFresh.com.au

2019 | WK2

