



Beef Rump & Creamy Pesto Sauce

with Mashed Potato & Garlic Veggies

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Green Beans



Beef Rump



Light Cooking Cream



Basil Pesto

Hands-on: 20 mins
 Ready in: 35 mins
 Naturally gluten-free
 Not suitable for Coeliacs

Simple and sensational – they're the buzzwords for tonight's dinner. Tender beef with a creamy pesto sauce, smooth mashed potato and garlicky veggies combine to make a special meal that'll have you buzzing too!

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 with a lid · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
potato	4
butter*	80g
milk*	½ cup
salt*	½ tsp
garlic	1 clove
carrot	2
green beans	1 bag (300g)
beef rump	1 packet
light cooking cream	1 packet (150ml)
basil pesto	1 sachet (50g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2385kJ (570Cal)	412kJ (98 Cal)
Protein (g)	34.1g	5.9g
Fat, total (g)	31.1g	5.4g
- saturated (g)	17.9g	3.1g
Carbohydrate (g)	36.7g	6.3g
- sugars (g)	11.3g	2g
Sodium (mg)	450mg	78mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/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. Make the mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Add the **potato** to the saucepan of boiling **water** and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk** and the **salt** to the saucepan with the **potato**. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



2. Get prepped

While the potato is cooking, finely chop the **garlic** (or use a garlic press). Thinly slice the **carrot** (unpeeled) into half-moons. Trim the **green beans**.



3. Cook the garlic veggies

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **carrot** and **green beans** and cook, tossing, until softened, **4-5 minutes**. Add the **garlic**, a **pinch of salt** and **pepper**, and cook until fragrant, **1-2 minutes**. Transfer to a bowl. Cover and set aside.



4. Cook the beef rump

Return the frying pan with a **drizzle of olive oil** over a high heat. Season the **beef rump** steaks with **salt** and **pepper**. When the oil is hot, add the **beef rump** 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. Cook the pesto sauce

Wipe out and return the frying pan to a medium heat. Add the **light cooking cream** and **basil pesto** and stir to combine. Scraping any bits from the pan, cook until thickened, **1-2 minutes**. Season with **salt** and **pepper** to taste. Stir through any **resting juices** from the **beef**.



6. Serve up

Thinly slice the beef rump. Divide the mash between plates. Serve with the beef and garlic veggies. Pour over the creamy pesto sauce.

Enjoy!

TIP: This will give you a medium steak but cook for a little less if you like it rare, or a little longer for well done.