



# Beef Rump & Peppercorn Sauce

with Mash & Balsamic Veggies

Grab your Meal Kit with this symbol



Zucchini



Red Onion



Black Peppercorns



Cherry Tomatoes



Potato



Beef Rump



Light Thickened Cream



Beef Stock

Hands-on: **20 mins**  
 Ready in: **30 mins**  
 Naturally gluten-free  
*Not suitable for Coeliacs*

You can't go wrong with mashed potato and beef steak, but you'll be making all the right moves when you add our creamy peppercorn sauce. Go one step further with a side of roasted balsamic veggies and you're set for success!

### Pantry items

Olive Oil, Balsamic Vinegar, 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 · Oven tray lined with baking paper · Large frying pan

### Ingredients

	4 People
olive oil*	refer to method
zucchini	2
red onion	1
black peppercorns	1 sachet
cherry tomatoes	1 punnet
balsamic vinegar*	1 tbs
salt* (for the veggies)	¼ tsp
potato	6
butter*	80g
milk*	½ cup
salt* (for the mash)	½ tsp
beef rump	1 packet
light thickened cream	2 packets (300ml)
beef stock	1 cube

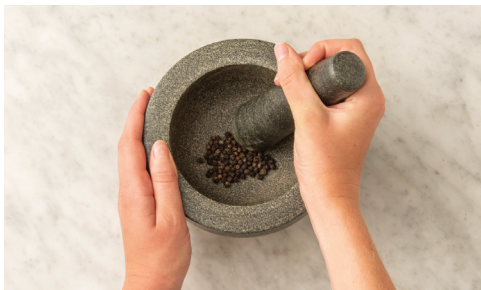
\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3070kJ (734Cal)	396kJ (95Cal)
Protein (g)	40.2g	5.2g
Fat, total (g)	39.6g	5.1g
- saturated (g)	24.0g	3.1g
Carbohydrate (g)	51.7g	6.7g
- sugars (g)	12.2g	1.6g
Sodium (g)	743mg	96mg

### Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Cut the **zucchini** into 2cm chunks. Slice the **red onion** into 2cm wedges. Lightly crush the **black peppercorns** in a pestle and mortar or using a rolling pin.

**TIP:** If using a rolling pin to crush the peppercorns, you can do this by leaving the peppercorns in their sachet.



## 2. Roast the veggies

Place the **zucchini**, **onion** and **cherry tomatoes** on an oven tray lined with baking paper. **Drizzle** with the **balsamic vinegar**, **olive oil**, the **salt (for the veggies)** and a **pinch of pepper**. Toss to coat, then spread out in a single layer and roast until tender, **25-30 minutes**.

**TIP:** If the veggies are crowded on one tray, divide them between two trays!



## 3. Make the mash

While the veggies are roasting, 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 pan. Add the **butter**, **milk** and **salt (for the mash)** and mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



## 4. Cook the beef

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

**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.



## 5. Make the sauce

While the beef is resting, allow the frying pan to cool a little, then return to a low heat (no need to wash it!). Add the **light thickened cream**, **1 crumbled beef stock** cube, the **crushed peppercorns** and any **beef resting juices**. Cook, scraping up any beefy bits from the base of the pan, until thickened slightly and infused with peppercorn flavour, **3-4 minutes**.



## 6. Serve up

Thinly slice the beef rump. Divide the roasted balsamic veggies, mashed potato and beef between plates. Spoon over the creamy peppercorn sauce.

**Enjoy!**