



Beef Rump in Garlic Parsley Butter

with tender broccoli and mashed potato

Calorie Smart 40-45 mins

11



Beef Rump



Potatoes



Onion



Balsamic Vinegar



Broccoli



Garlic



Parsley

Pantry Items: Water, Oil, Salt, Butter, Milk (Optional), Pepper

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, colander, grater, pot with lid, potato masher

Ingredients

	2P	4P
Beef Rump	250 g	500 g
Potatoes	3 units	6 units
Onion	1 unit	2 units
Balsamic Vinegar	1 sachet	2 sachets
Broccoli	1 unit	1 unit
Garlic	1 unit	2 units
Parsley	5 g	10 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	616 g	100 g
Energy (kJ/kcal)	2648.5 kJ/ 633 kcal	429.9 kJ/ 102.8 kcal
Fat (g)	22.9 g	3.7 g
Sat. Fat (g)	7.6 g	1.2 g
Carbohydrate (g)	69.7 g	11.3 g
Sugars (g)	8.2 g	1.3 g
Protein (g)	38.8 g	6.3 g
Salt (g)	2 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.

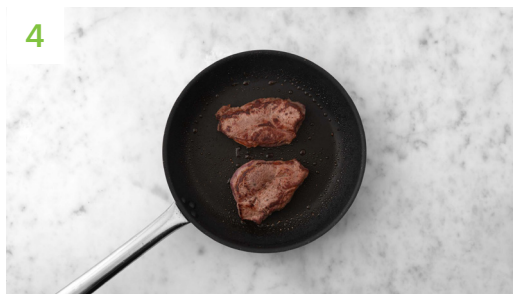


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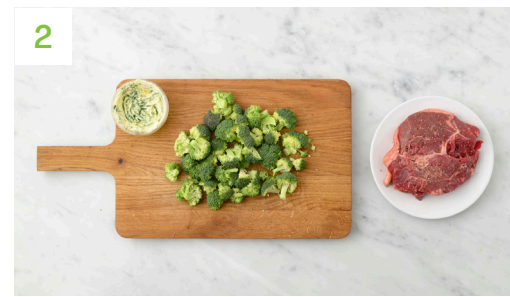
Boil the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- When boiling, add the **potatoes** to the **water** and cook until fork tender, 15-20 mins.
- Once cooked, drain in a colander and return to the pot, off the heat. Cover to keep warm.



Cook the Beef Rump

- Place a pan over high heat with a drizzle of **oil**.
- Once hot, fry the **beef** until browned, 1-2 mins each side for medium-rare.
- Cook 1-2 mins more each side for medium and an added 1-2 mins each side for well-done.
- In the final min of cooking, add the **parsley butter** and once melted, use a spoon to baste the **beef**.
- Once cooked, remove from pan, cover and rest. **IMPORTANT:** Meat is safe to eat when outside is browned.



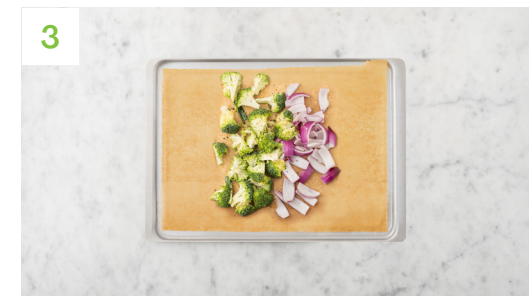
Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Finely chop the **parsley** (stalks and all).
- In a small bowl, mash 2 tbsps **butter** (double for 4p) until soft. Stir in the **garlic** and **parsley**.
- Season the **beef** with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw meat.
- Cut the **broccoli** into florets (like small trees). Halve any large florets.



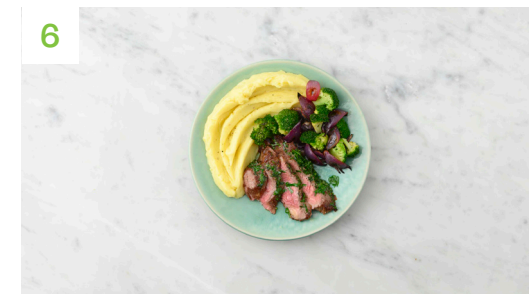
Make the Mash

- Meanwhile, mash the cooked **potatoes** until smooth.
- Add a knob of **butter** and a splash of **milk** or **water**.
- Season to taste with **salt** and **pepper**.



Roast the Veg

- Add the **broccoli** to a lined baking tray, drizzle with **oil**, season with **salt** and **pepper** then toss to coat.
- Quarter the **onion** and separate the layers.
- Add the **onion** to the baking tray with the **broccoli**.
- Drizzle the **onion** with **oil** and **balsamic vinegar** then season with a pinch of **salt** and **pepper**.
- Pop into the oven to cook until the veg is tender, 15-20 mins.



Finish and Serve

- Divide the creamy mashed **potato** between your plates.
- Serve the roast **broccoli** and **onion** alongside.
- Slice the **beef rump** and plate next to the veg.
- Finish with a drizzle of any remaining melted **garlic parsley butter**.

Enjoy!