



# Beef Rump in Garlic Parsley Butter with tender broccolini and mashed potato

Calorie Smart 40-45 mins

16



Beef Rump



Potatoes



Onion



Broccolini



Garlic



Parsley



Apple Cider Vinegar



Beef Stock

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



Rate your recipe!

## 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
Broccolini	150 g	300 g
Garlic	1 unit	2 units
Parsley	5 g	10 g
Apple Cider Vinegar	1 sachet	2 sachets
Beef Stock	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	562 g	100 g
Energy (kJ/kcal)	2572 kJ/ 615 kcal	458 kJ/ 109 kcal
Fat (g)	22.3 g	4 g
Sat. Fat (g)	7.6 g	1.4 g
Carbohydrate (g)	70.1 g	12.5 g
Sugars (g)	6.3 g	1.2 g
Protein (g)	35.8 g	6.4 g
Salt (g)	2.8 g	0.5 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

Share your creations with  
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

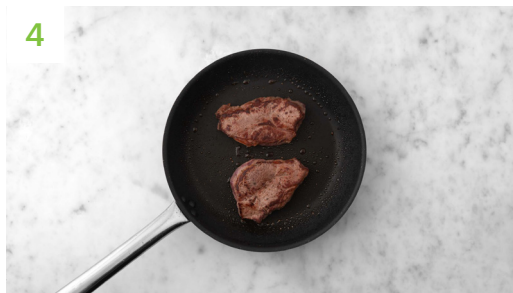


You can recycle me!



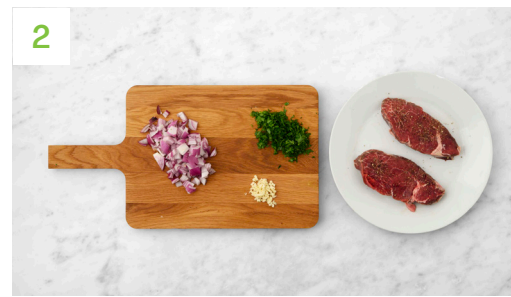
### Make the Mash

- 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, 12-18 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Mash until smooth. Add a knob of **butter** and a splash of **milk** or **water**. Season to taste with **salt** and **pepper**. 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.
- Cook for a further 1-2 mins each side for well-done.
- Remove from the pan and set aside to rest.  
**IMPORTANT:** Beef is safe to eat when browned on the outside.



### Get Prepped

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Roughly chop the **parsley** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).
- Season the **beef** with **salt** and **pepper**.  
**IMPORTANT:** Wash hands and equipment after handling raw meat.



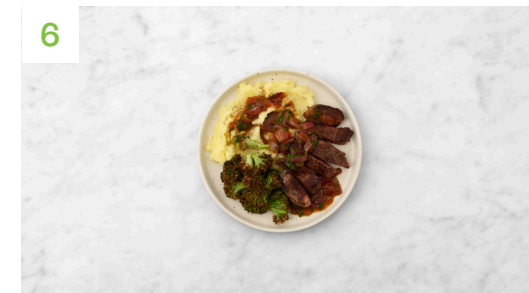
### Simmer the Sauce

- Return the pan to medium-high heat with another drizzle of **oil**.
- Cook the **onion** until softened, 4-5 mins then add the **garlic** and cook until fragrant, 30 secs.
- Pour in the **apple cider vinegar** and allow it to evaporate, then add 100ml **water** (double for 4p) and **stock powder**.
- Bring to the boil, then lower the heat and simmer for 1-2 mins.
- Stir through **parsley** and 2 tbsp **butter** (double for 4p) and melt. Simmer until thickened slightly, 2-3 mins.



### Roast the Veg

- Trim the tip of the **broccolini** and discard.
- Add the **broccolini** to a lined baking tray, drizzle with **oil**, season with **salt** and **pepper** then toss to coat.
- Spread out in a single layer and roast on the middle shelf of the oven until tender, 10-15 mins.



### Finish and Serve

- Divide the creamy mashed **potato** between your plates.
- Serve the roast **broccolini** alongside.
- Slice the **beef rump** and plate next to the veg.
- Finish with the **garlic parsley butter** sauce.

Enjoy!