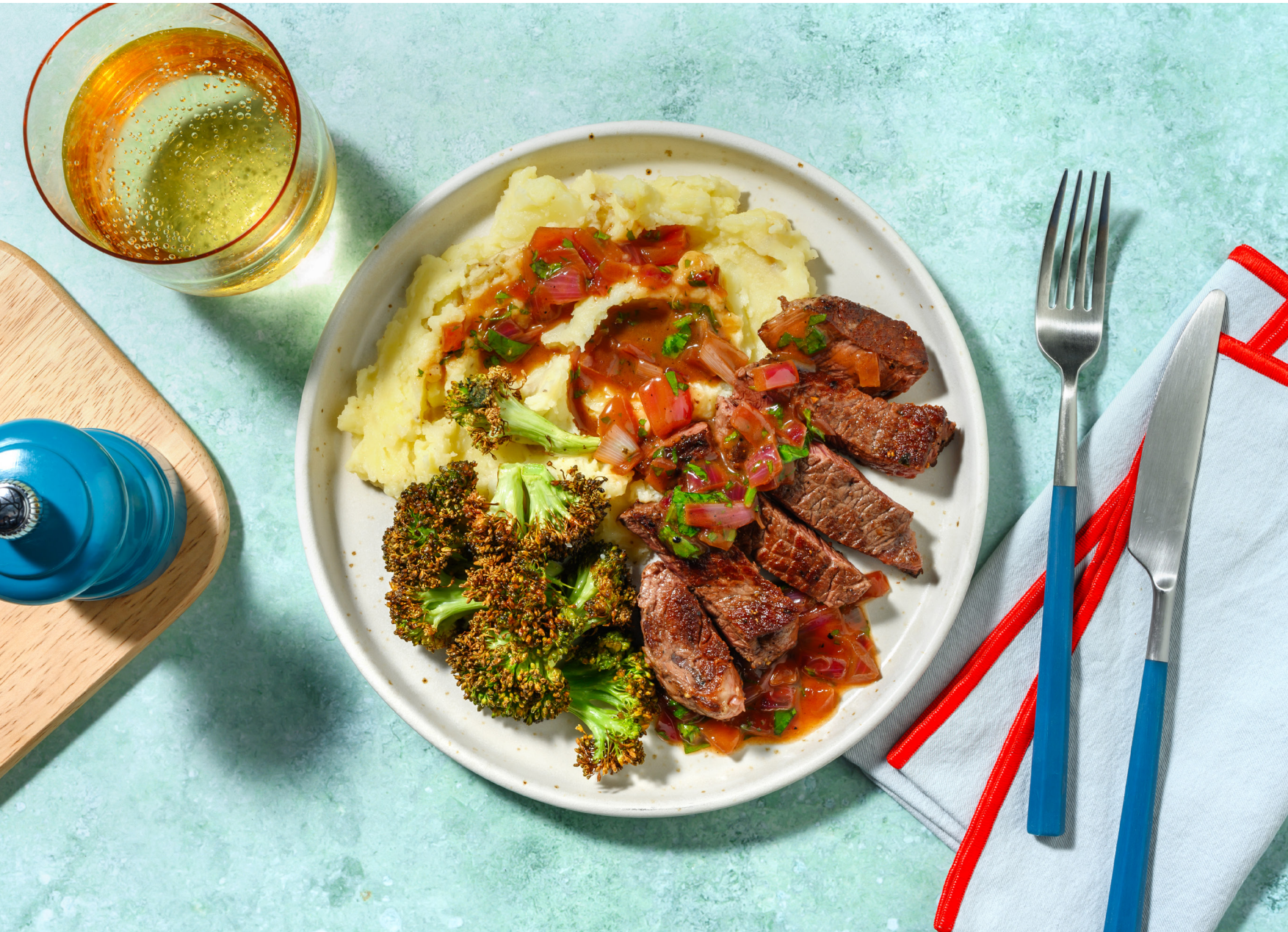




# Beef Rump in Garlic Parsley Butter with tender broccoli and mashed potato

Calorie Smart 40 – 45 mins

16



Beef Rump



Potatoes



Broccoli



Garlic



Parsley



Apple Cider Vinegar



Beef Stock



Shallot

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



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## 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	600 g	1200 g
Broccoli	1 unit	1 unit
Garlic	1 unit	2 units
Parsley	5 g	10 g
Apple Cider Vinegar	½ sachet	1 sachet
Beef Stock	1 sachet	2 sachets
Shallot	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	588.8 g	100 g
Energy (kJ/kcal)	2217.5 kJ/ 530 kcal	376.6 kJ/ 90 kcal
Fat (g)	16.3 g	2.8 g
Sat. Fat (g)	6.6 g	1.1 g
Carbohydrate (g)	63.7 g	10.8 g
Sugars (g)	6.4 g	1.1 g
Protein (g)	39.7 g	6.7 g
Salt (g)	1.5 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

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

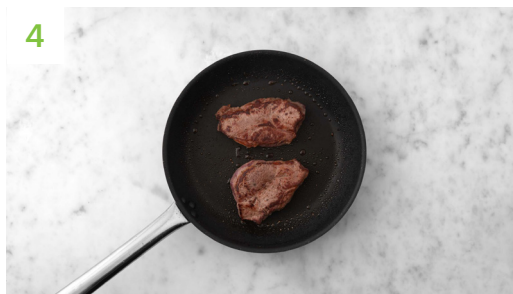


You can recycle me!



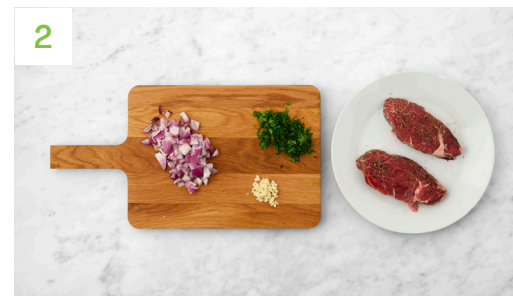
## Make the Mash

- 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.
- Return the pan to medium-high heat with a drizzle of **oil**.



## Get Prepped

- Meanwhile, halve, peel and chop the **shallot** 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

- Add the **shallot** to the pan and cook until softened, 4-5 mins. Add the **garlic** and cook for 30 secs.
- Add **half** the **vinegar** (double for 4p) and allow to evaporate. Add 1 tsp **flour** (double for 4p) and mix well.
- Stir in 100ml **water** (double for 4p) and the **stock**.
- Bring to the boil, lower heat and simmer for 1-2 mins.
- Stir through **parsley** and 2 tbsp **butter** (double for 4p). Simmer until thickened, 2-3 mins. Season to taste with **salt** and **pepper**.



## Roast the Veg

- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Add the **broccoli** 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 plates.
- Serve the roast **broccoli** alongside.
- Slice the **beef rump** and plate next to the veg.
- Finish with the **garlic parsley butter** sauce.

Enjoy!