



Beef and Hand-cut Rosemary Chips

with garlicky green beans

40 – 45 mins

20



Beef Rump



Rosemary



Potatoes



Garlic



Green Beans

Pantry Items: Butter, Salt, Pepper, Oil, Water



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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

Aluminium foil, baking sheet with baking paper, grater, pan with lid

Ingredients

	2P	4P
Beef Rump	250 g	500 g
Rosemary	1 unit	2 units
Potatoes	600 g	1200 g
Garlic	2 units	4 units
Green Beans	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	514.5 g	100 g
Energy (kJ/kcal)	2326.3 kJ/ 556 kcal	452.1 kJ/ 108.1 kcal
Fat (g)	21.4 g	4.2 g
Sat. Fat (g)	10.4 g	2 g
Carbohydrate (g)	60.5 g	11.8 g
Sugars (g)	5.5 g	1.1 g
Protein (g)	34.8 g	6.8 g
Salt (g)	0.5 g	0.1 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

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Cook the Chips

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks).
- Chop the **potatoes** lengthways into 1cm slices then into 1cm wide chips (no need to peel).
- Pop onto a large (lined) baking tray. Toss with **salt, pepper, half the rosemary** and a drizzle of **oil**. Spread out in a single layer.
- Roast on the top shelf until golden, 25-30 mins. Turn the tray halfway through.



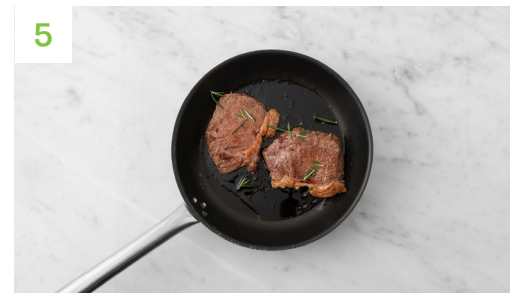
Make the Garlic Butter

- Once the **garlic** from the oven has cooled, add it to a small bowl along with 1 tbsp **butter** (per 2P) and remaining **rosemary**.
- Mash everything with a fork.
- Season with **salt** and **pepper**, mix to combine and set aside.
- Season the **beef rump** with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging.



Prep the Garlic

- Meanwhile, peel the **garlic** cloves.
- Pop **half** into a small piece of foil with a good glug of **oil** and scrunch to enclose.
- Add the **garlic** parcel to the tray with the chips for 10-12 mins of cooking time then remove.
- Meanwhile, grate the remaining **garlic** (or use a garlic press).



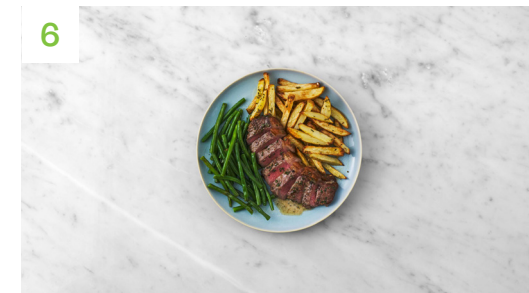
Fry the Beef

- Return the pan to high heat with a drizzle of **oil**.
- Once hot, fry the **beef** until browned, 1-2 mins each side for medium-rare.
- Cook for another 1-2 mins on each side if you like it medium and a further 1-2 mins on each side if you want it well-done. **IMPORTANT:** Meat is safe to eat when the outside is browned.
- In the final 1 min of cooking add the **garlic butter** and use a spoon to baste the **beef**.
- Transfer from the pan, cover and allow to rest.



Soften the Green Beans

- Trim the **green beans**.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once the pan is hot, add the **green beans** and fry until starting to char, 2-3 mins.
- Stir in the grated **garlic**, lower the heat to medium and cook for 1 min.
- Add a splash of **water** and immediately cover with a lid or some foil. Cook until tender, 4-5 mins. Remove from the pan and cover to keep warm.



Finish and Serve

- Thinly slice the **beef rump** then plate up.
- Serve the **potatoes** and garlicky **green beans** alongside.
- Drizzle any buttery juices over the **beef**.

Enjoy!