



# Beef in Mushroom Sauce

with scallions and roast potatoes

30 – 35 mins

9



Beef Rump



Potatoes



Mushrooms



Crème Fraîche



Garlic



Worcester Sauce



Scallion

Pantry Items: 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

Baking sheet with baking paper, grater

## Ingredients

	2P	4P
Beef Rump	250 g	500 g
Potatoes	600 g	1200 g
Mushrooms	250 g	500 g
Crema Fraiche	110 g	220 g
Garlic	2 units	4 units
Worcester Sauce	2 sachets	4 sachets
Scallion	1 unit	2 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>625.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2723.8 kJ/ 651 kcal	435.5 kJ/ 104.1 kcal
Fat (g)	29.3 g	4.7 g
Sat. Fat (g)	14.9 g	2.4 g
Carbohydrate (g)	63.2 g	10.1 g
Sugars (g)	7.4 g	1.2 g
Protein (g)	39.2 g	6.3 g
Salt (g)	0.9 g	0.2 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.

## Contact

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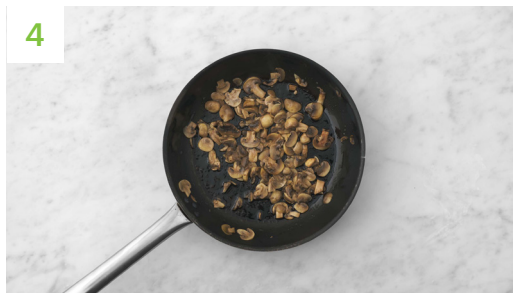
You can recycle me!



### Roast the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Pop the chunks onto a large (lined) baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn the tray halfway through.

**TIP:** Use two baking trays if necessary.



### Soften the Mushrooms

- Return the pan to medium-high heat with a drizzle of **oil**.
- When hot, fry the **mushrooms** until softened, 4-5 mins.



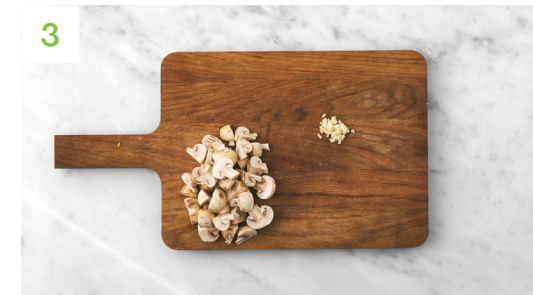
### Cook the Beef

- Place a large pan over high heat with a drizzle of **oil**.
- Season the **beef** with **salt** and **pepper**.
- Fry the **beef** until browned, 1-2 mins each side for medium-rare.
- Cook for another 1-2 mins each side if you like it medium and a further 1-2 mins each side if you want it well-done. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging. Meat is safe to eat when the outside is browned.
- Transfer from pan, cover and allow to rest.



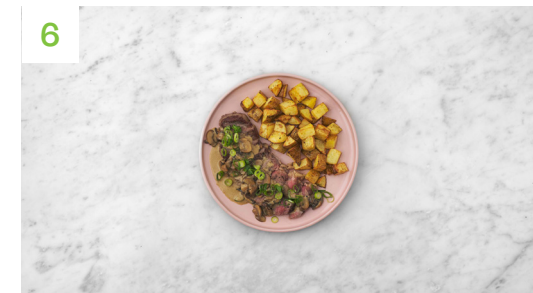
### Simmer the Sauce

- Add the **crema fraiche**, **garlic**, **Worcester sauce** and 25ml **water** (per 2P). Bring to the boil.
- Simmer until the **mushrooms** are softened and the sauce has thickened, 6-8 mins. Add a splash of **water** to loosen the sauce if necessary.
- Season to taste with **salt** and **pepper**.
- Meanwhile, thinly slice the **beef**.



### Prep the Veg

- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **mushrooms**.
- Trim and thinly slice the **scallion**.



### Divide and Serve

- Divide the roast **potatoes** between plates.
- Serve the **beef rump** alongside.
- Drizzle over the **mushroom** sauce.
- Finish with a scattering of sliced **scallion**.

Enjoy!