



Beef in a Mustard Rosemary Sauce with roast potatoes and broccoli

30 – 35 mins

9



Beef Rump



Potatoes



Rosemary



Broccoli



Mustard



Crème Fraîche



Garlic



Stock

Pantry Items: Oil, Salt, Pepper, Water



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, grater

Ingredients

	2P	4P
Beef Rump	250 g	500 g
Potatoes	600 g	1200 g
Rosemary	1 unit	2 units
Broccoli	1 unit	1 unit
Mustard	½ sachet	1 sachet
Crème Fraîche	110 g	220 g
Garlic	1 unit	2 units
Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	618.8 g	100 g
Energy (kJ/kcal)	2878.6 kJ/ 688 kcal	465.2 kJ/ 111.2 kcal
Fat (g)	30.5 g	4.9 g
Sat. Fat (g)	14.9 g	2.4 g
Carbohydrate (g)	65.4 g	10.6 g
Sugars (g)	5.6 g	0.9 g
Protein (g)	41.2 g	6.7 g
Salt (g)	1.8 g	0.3 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.

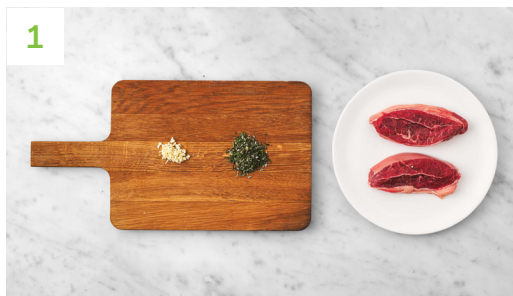
Contact

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!



Get Prepped

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Pick the **rosemary** leaves and roughly chop.
- 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 and its packaging.



Fry the Beef

- 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 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.
- Once cooked, remove from pan and allow to rest.



Cook the Potatoes

- Cut the **potatoes** into 2cm chunks (peeling optional).
- Add the **potatoes** to a lined baking tray.
- Toss with **half** the **rosemary**, **salt**, **pepper** and a drizzle of **oil**.
- Once the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn the tray halfway through.



Make the Sauce

- Return the pan to medium-low heat and add the **crème fraîche**.
- Season with **pepper** then stir in the **stock**, **garlic**, **half** a **mustard** sachet (per 2P), and remaining **rosemary**.
- Cook, stirring, until everything is combined and the sauce is nice and smooth, 3-5 mins.

TIP: Loosen the sauce with a splash of water if you feel it's too thick.



Roast the Broccoli

- Meanwhile, trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Pop the **broccoli** onto a lined baking tray.
- Toss with **salt**, **pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the **potatoes** have been cooking for 15 mins, place the **broccoli** on the middle shelf of the oven and roast until crispy around the edges, 10-12 mins.



Finish and Serve

- Thinly slice the **beef** and divide between plates.
- Plate the **broccoli** and **potatoes** alongside.
- Pour the creamy **mustard rosemary** sauce over the **beef**.

Enjoy!