



Beef Rump in Herby Cream Sauce




with mash and veg

35 – 40 mins

20



-  Beef Rump
-  Potatoes
-  Creme Fraiche
-  Sage
-  Green Beans
-  Shallot
-  Balsamic Vinegar
-  Stock
-  Carrot

-  Chicken Breast
-  Turkey Breast
-  Beef Rump ^{x2}

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

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Colander, pot with lid, potato masher

Ingredients

	2P	4P
Beef Rump	250 g	500 g
Potatoes	600 g	1200 g
Crema Fraiche	65 g	110 g
Sage	10 g	20 g
Green Beans	75 g	150 g
Shallot	1 unit	2 units
Balsamic Vinegar	1 sachet	2 sachets
Stock	1 sachet	2 sachets
Carrot	1 unit	2 units
Chicken Breast	320 g	620 g
Turkey Breast	1 unit	2 units
Beef Rump	500 g	1000 g

Nutrition

Uncooked ingredient	Per 100g	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	418 kJ / 100 kcal	355 KJ / 85 kcal	346 KJ / 83 kcal	486 KJ / 116 kcal
Fat (g)	3.9 g	2 g	1.6 g	5.3 g
Sat. Fat (g)	1.9 g	1 g	0.9 g	2.4 g
Carbohydrate (g)	11 g	10.5 g	10.4 g	9.2 g
Sugars (g)	1.8 g	1.7 g	1.7 g	1.5 g
Protein (g)	5.9 g	7.3 g	7.4 g	8.7 g
Salt (g)	0.4 g	0.4 g	0.3 g	0.3 g

See site or app for detailed nutritional info.

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

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Make the Mash

- Boil a pot of **water** for the veg with **half** the **stock**.
- Chop the **potatoes** into 2cm chunks (peeling optional). Place in a separate pot.
- Cover with **water**, season with **salt**, bring to the boil and cook until fork tender, 12-18 mins.
- Once cooked, drain (reserving some cooking water) and return to the pot off the heat.
- Add a knob of **butter** and a splash of **milk** or cooking **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



Fry the Beef

- Place a 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 on each side if you like it medium and a further 1-2 mins on 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 to a board, cover and rest.



Get Prepped

- Meanwhile, trim the **green beans**.
- Halve, peel and chop the **shallot** into small pieces.
- Pick the **sage leaves** and roughly chop (discard the stalks).
- Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.



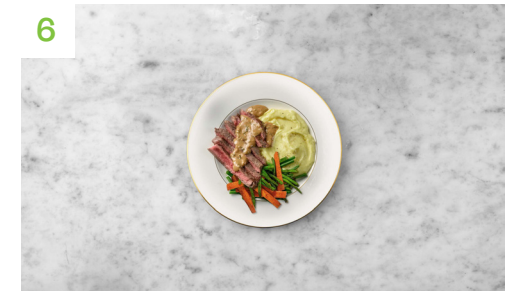
Simmer the Sauce

- Return the pan to medium-high heat with a drizzle of **oil**.
- Add the **shallot** and cook until softened, 3-4 mins.
- Add the **sage** then fry for 1 min more.
- Deglaze with the **balsamic vinegar** and add the **crema fraiche**, remaining **stock** and 50ml **water**.
- Simmer until smooth, 2-3 mins.



Cook the Veg

- When the **water** is boiling, add the **carrot** and **green beans** to the pot with the **stock**.
- Cook until just tender, 4-6 mins.
- Drain in a colander, then return to the pot, off the heat.
- Season with **salt** and **pepper** and drizzle with **oil**. Set aside and cover to keep warm.



Finish and Serve

- Thinly slice the **beef** and divide between plates.
- Drizzle over the sauce.
- Serve with the mash and veg alongside.

Enjoy !

CUSTOM OPTIONS



CHICKEN BREAST

Swapping to chicken? Slice the chicken to make 2 steaks. Place a large pan over medium-high heat with a drizzle of oil. When hot, add the chicken and season with salt and pepper. Cook through, 3-6 mins each side.



TURKEY BREAST

Swapping to turkey? Add the turkey to the hot pan, season with salt and pepper, and cook through, 3-6 mins each side.