

Beef and Hand-cut Rosemary Chips

with garlicky green beans

40 – 45 mins

16



Beef Rump



Rosemary



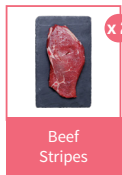
Potatoes



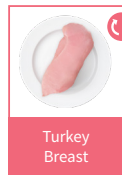
Garlic



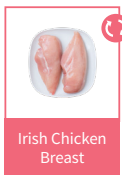
Green Beans



Beef Stripes



Turkey Breast



Irish Chicken Breast

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

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

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
Beef Rump Steak	500 g	1000 g
Irish Turkey Breast	320 g	640 g
Irish Chicken Breast	320 g	640 g

Nutrition

	Recipe 1	Recipe 2	Recipe 3	
for uncooked ingredient	Per 100g	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	452.1 kJ/108.1 kcal	524 kJ/125 kcal	364 kJ/87 kcal	375 kJ/90 kcal
Fat (g)	4.2 g	5.7 g	1.4 g	1.8 g
Sat. Fat (g)	2 g	2.6 g	0.8 g	0.9 g
Carbohydrate (g)	11.8 g	9.5 g	11 g	11.1 g
Sugars (g)	1.1 g	0.9 g	1 g	1 g
Protein (g)	6.8 g	9.8 g	8.4 g	8.3 g
Salt (g)	0.1 g	0.1 g	0.1 g	0.1 g

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

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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.



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).



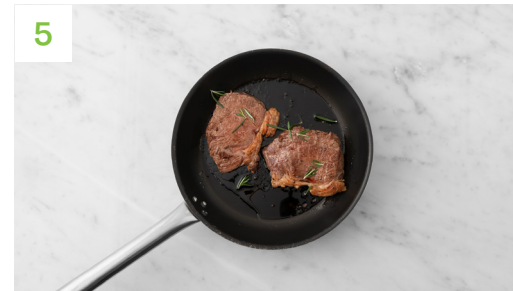
Soften the Green Beans

- 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.



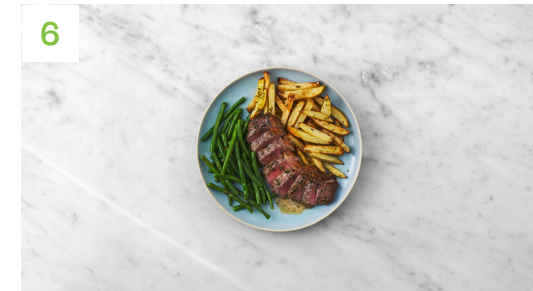
Make the Garlic Butter

- 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.



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.



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!

CUSTOM OPTIONS



IRISH TURKEY BREAST

Swapping to turkey? Add to the hot pan and fry until cooked through, 5-8 mins each side, before adding the butter.



IRISH CHICKEN BREAST

Swapping to pork mince? Simply follow the recipe as written, replacing 'beef' with 'pork' where necessary.