



# Beef Rump in Garlic Parsley Butter

with tender broccoli and mashed potato

40-45 mins

1



Beef Rump



Potatoes



Onion



Balsamic Vinegar



Broccoli



Garlic



Parsley

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

## 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, colander, grater, pan with lid, potato masher

## Ingredients

	2P	4P
Beef Rump	250 g	500 g
Potatoes	3 units	6 units
Onion	1 unit	2 units
Balsamic Vinegar	1 sachet	2 sachets
Broccoli	1 unit	1 unit
Garlic	1 unit	2 units
Parsley	5 g	10 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	616 g	100 g
Energy (kJ/kcal)	2360.2 kJ/ 564.1 kcal	383.1 kJ/ 91.6 kcal
Fat (g)	16 g	2.6 g
Sat. Fat (g)	6.2 g	1 g
Carbohydrate (g)	64.2 g	10.4 g
Sugars (g)	8.2 g	1.3 g
Protein (g)	39.2 g	6.4 g
Salt (g)	0.2 g	0 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

Thumbs up or thumbs down?  
Head online or use the app to rate this recipe.

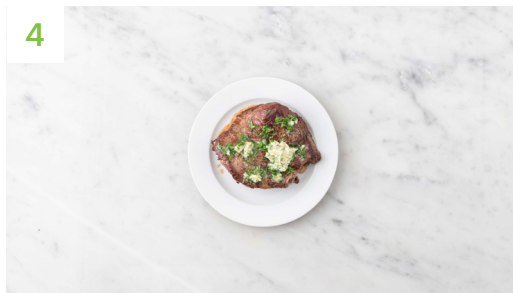


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### Boil the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water** for the **potatoes**.
- Peel and chop the **potatoes** into 2cm chunks.
- When boiling, add the **potatoes** to the **water** and cook until fork tender, 15-20 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.



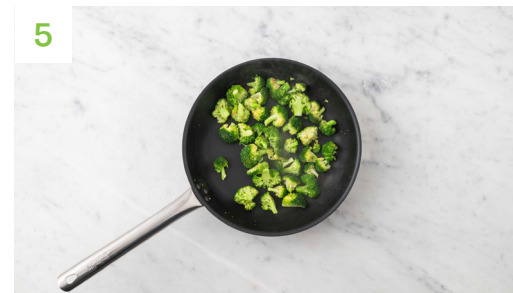
### Cook the Beef

- Place a large pan over high heat with a drizzle of **oil**.
- When the **oil** is hot, fry the **beef** until browned, 1-2 mins each side for medium-rare. **IMPORTANT:** Wash hands and equipment after handling raw meat.
- Cook for 1-2 mins more each side for medium and an additional 1-2 mins each side for well-done.
- Once cooked, transfer to a plate and top with the **parsley butter**. Cover and leave to rest. **Meat** is safe to eat when outside is browned.



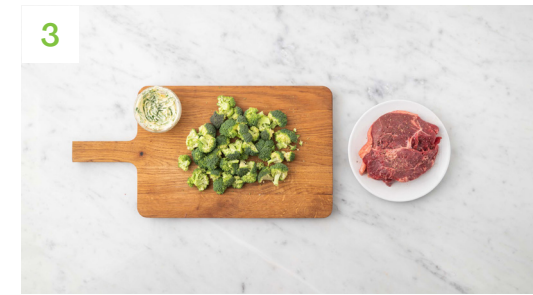
### Roast the Veg

- Meanwhile, quarter the **onion**, then separate the layers.
- Pop the **onion** layers onto a lined baking tray.
- Drizzle with **oil** and **balsamic vinegar** then season with a pinch of **salt** and **pepper**.
- Toss to coat. When the oven is hot, roast on the top shelf until softened, 15-20 mins.



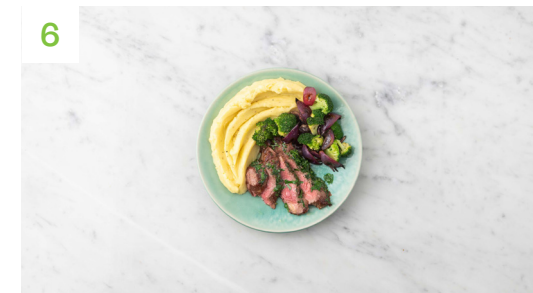
### Steam the Broccoli

- Return the (now empty) pan to medium heat with a drizzle of **oil**.
- Once hot, add the **broccoli** to the pan and fry for 2-3 mins, then add a splash of **water**.
- Pop a lid (or some foil) on the pan, and cook until tender, 4-5 mins. Season with a pinch of **salt** and **pepper**.
- Meanwhile, mash the cooked **potatoes** until smooth, adding a knob of **butter** and a splash of **water** or **milk**. Season to taste with **salt** and **pepper**.



### Get Prepped

- Cut the **broccoli** into florets (like small trees). Halve any large florets.
- Peel and grate the **garlic** (or use a garlic press).
- Finely chop the **parsley** (stalks and all).
- Use a fork to mash 2 tbsp **butter** (double for 4) in a bowl until soft. Stir in the **garlic** and **parsley**. Set aside.
- Season the **beef rump** with a pinch of **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



### Finish and Serve

- Divide the creamy mashed **potato** between your plates.
- Serve the **broccoli** and roasted **onion** alongside.
- Slice the **beef rump** and plate with the melted **garlic parsley butter** drizzled over.

Enjoy!