



Sage Butter Beef Rump

with roasted veg and creamy mash

Family 30-35 mins

4



Beef Rump



Paprika



Sage



Carrot



Potatoes



Broccoli



Walnuts

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



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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, colander, pot with lid, potato masher

Ingredients

	2P	4P
Beef Rump	250 g	500 g
Paprika	2 sachets	4 sachets
Sage	10 g	20 g
Carrot	1 unit	2 units
Potatoes	3 units	6 units
Broccoli	1 unit	1 unit
Walnuts	20 g	40 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	647 g	100 g
Energy (kJ/kcal)	2965 kJ/ 709 kcal	458 kJ/ 110 kcal
Fat (g)	30.2 g	4.7 g
Sat. Fat (g)	8.3 g	1.3 g
Carbohydrate (g)	75.9 g	11.7 g
Sugars (g)	9.7 g	1.5 g
Protein (g)	40.9 g	6.2 g
Salt (g)	3.1 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

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.

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Roast the Carrot

- Preheat oven to 220°C/200°C fan/gas mark 7.
- Boil a pot of **salted water**.
- Cut the **carrot** into 1cm wide, 5cm long batons.
- On a lined baking tray, toss the **carrot** with **paprika**, **salt**, **pepper** and **oil**.
- Roast on the top shelf for 20-25 mins.



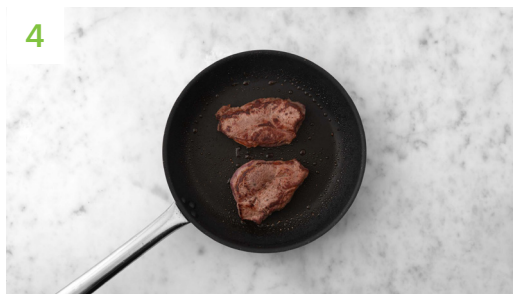
Add the Broccoli

- Meanwhile, trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- When the **carrots** have been roasting for 10 mins, add the **broccoli** to the tray.
- Toss with **salt**, **pepper**, and a drizzle of **oil**.
- Cook for the remaining 10-15 mins.



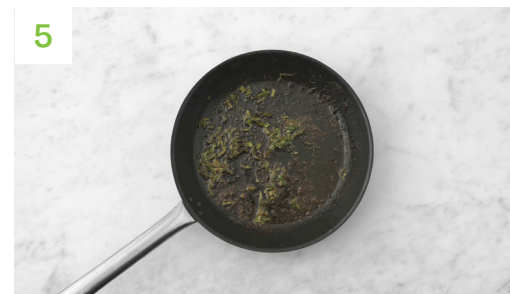
Make the Mash

- While the veg roasts, chop the **potatoes** into 2cm chunks (peeling optional).
- When boiling, add the **potatoes** to the **water** and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**.
- Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



Fry the Beef

- Place a pan over medium heat (no oil). Dry-fry the **walnuts** for 1-2 mins. Remove from the pan.
- Return the pan to medium-high heat with a drizzle of **oil**.
- Fry the **beef** until browned, 1-2 mins each side for medium-rare.
- Cook 1-2 mins more each side if you want medium and a further 1-2 mins each side if you want well-done. **IMPORTANT:** Wash hands and equipment after handling raw meat. Meat is safe to eat when outside is browned.
- Remove from pan and allow to rest.



Melt the Sage Butter

- When everything is almost ready, return the pan to medium-high heat with 2 tbsp **butter** (double for 4p) and a drizzle of **oil**.
- Pick the **sage** leaves from their stalks and roughly chop. Discard the stalks.
- When the **butter** is melted, add the **sage** leaves to the pan and fry for 2-3 mins.

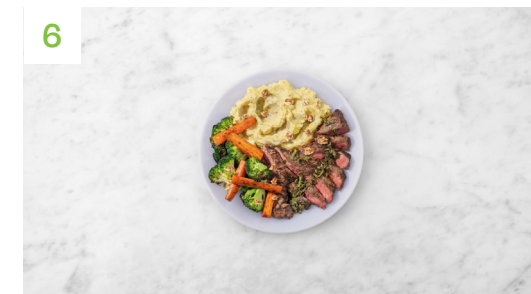


Plate and Serve

- Thinly slice your **beef** and divide between plates.
- Serve creamy mash and roasted veg alongside.
- Drizzle the **sage butter** from the pan over the **beef**.
- Finish with a scattering of **walnuts**.

Enjoy!