



# Beef and Hand-cut Rosemary Chips

with garlicky asparagus

Calorie Smart 40-45 mins

16



Beef Rump



Rosemary



Potatoes



Garlic



Asparagus



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



## 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

Aluminium foil, baking sheet with baking paper, grater, pan with lid

## Ingredients

	2P	4P
Beef Rump	250 g	500 g
Rosemary	10 g	20 g
Potatoes	1 unit	2 units
Garlic	2 units	4 units
Asparagus	200 g	400 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	335 g	100 g
Energy (kJ/kcal)	1610.8 kJ/ 385 kcal	480.8 kJ/ 114.9 kcal
Fat (g)	18 g	5.4 g
Sat. Fat (g)	6.8 g	2 g
Carbohydrate (g)	25.3 g	7.6 g
Sugars (g)	2.8 g	0.8 g
Protein (g)	32.6 g	9.7 g
Salt (g)	0.8 g	0.2 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.



You can recycle me!



### Prep the Potatoes

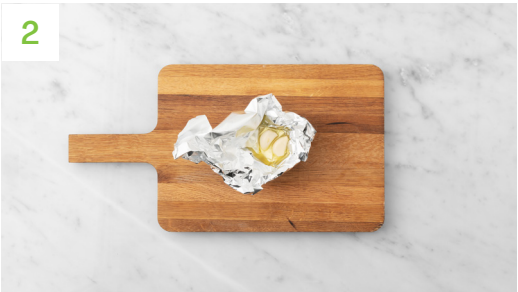
- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Remove the **butter** from the fridge to soften.
- Pick **rosemary** leaves from stalks and roughly chop (discard the stalks).
- Chop the **potatoes** lengthways into 1cm slices then into 1cm wide chips (no need to peel).
- Pop the chips onto a large (lined) baking tray. Drizzle with **oil**, season with **salt**, **pepper** and **half** the **rosemary**. Toss to coat. Spread out in one layer.

**TIP:** Use two baking trays if necessary.



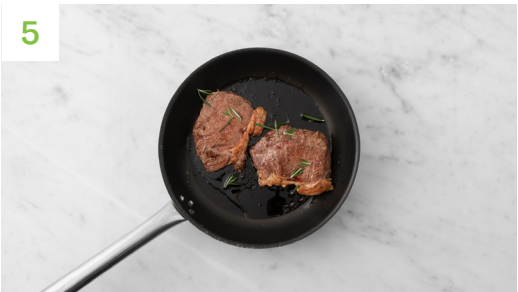
### Make the Garlic Butter

- Once the **garlic** has cooled, add it to a small bowl along with the softened **butter** 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.



### Roast the Garlic

- Peel the **garlic** cloves. Pop **half** into a piece of foil with a good glug of **oil** and scrunch to enclose.
- When the oven is hot, roast the **potatoes** on the top shelf until golden, 25-30 mins. Turn halfway through.
- Add the **garlic** parcel to the tray for 10-12 mins of cooking time then remove.
- Meanwhile, grate the remaining **garlic** (or use a garlic press).



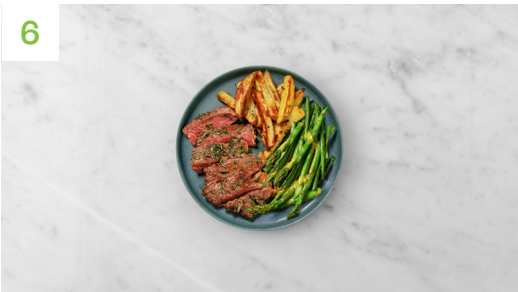
### Fry the Beef

- Return the pan to high heat with a drizzle of **oil**.
- Once the **oil** is 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 baste the **beef**.
- Once cooked transfer to a board, cover and allow to rest.



### Soften the Asparagus

- Trim the bottom 2cm from the **asparagus** and discard.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once the pan is hot, add the **asparagus** and remaining **garlic** and season with **salt** and **pepper**.
- Fry for 1 min, then add a splash of **water** and immediately cover with a lid or some foil.
- Cook until tender, 4-6 mins, then remove from the pan and cover to keep warm.



### Finish and Serve

- Thinly slice the **beef rump** then plate up with the **potatoes** and garlicky **asparagus** alongside.
- Drizzle any buttery juices over the **beef**.

**Enjoy!**