



Steak and Golden Roasted Potatoes

with creamy mustard sauce

Family 55-65 mins

4



Beef Rump



Potatoes



Carrot



Garlic



Mustard



Chicken Stock



Creme Fraiche

Pantry Items: Water, Oil, Salt, Pepper

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Baking Sheet with Baking Paper

Ingredients

	2P	4P
Beef Rump	250 g	500 g
Potatoes	3 units	6 units
Carrot	2 units	4 units
Garlic	2 units	4 units
Mustard	2 sachets	4 sachets
Chicken Stock	1 sachet	2 sachets
Crema Fraiche	125 g	250 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	450.2 g	100 g
Energy (kJ/kcal)	2434.2 kJ/ 733.6 kcal	540.6 kJ/ 130.6 kcal
Fat (g)	28.3 g	6.3 g
Sat. Fat (g)	14.2 g	3.2 g
Carbohydrate (g)	47.3 g	10.5 g
Sugars (g)	7.5 g	1.7 g
Protein (g)	33.5 g	7.4 g
Salt (g)	1.6 g	0.4 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

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Roast the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm chunks (no need to peel).
- Pop the **potato** chunks onto a lined baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

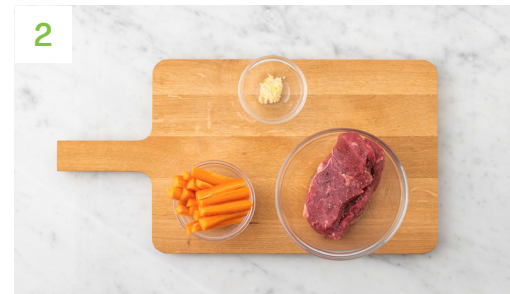
TIP: Use two baking trays if necessary.



Cook the Steak

- Place a large pan over high heat with a drizzle of **oil**.
- When the **oil** is hot add **steak** and fry 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.
- Once ready, remove from pan, cover with foil and rest for 1-2 mins. **Steak** is safe to eat when outside is browned.

TIP: Cook an extra 1-2 mins each side if you want it well done.



Start the Prep

- Peel and grate the **garlic** (or use a garlic press).
- Season the **steak** with **salt** and **pepper**.
- Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.



Make the Sauce

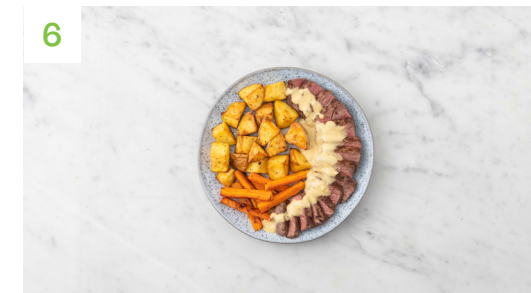
- Return the (now empty) pan to a medium-high heat
- Drizzle in some **oil** and fry the **garlic** for 1 min.
- Add **mustard**, **stock** and **crema fraiche** for the sauce.
- Bring to the boil and simmer until thickened, 3-4 mins.
- Season to taste with **salt** and **pepper** if needed.

TIP: If you're cooking for kids, you can reduce the amount of mustard to lessen the heat in the sauce.



Roast the Carrots

- Pop the **carrots** onto a large (lined) baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast until tender 20-25 mins. Turn halfway through.



Finish and Serve

- When everything is cooked, thinly slice the **steak** widthways and divide between plates.
- Serve the **potatoes** and **carrots** alongside.
- Spoon the creamy **mustard** sauce over the **steak** to finish.

Enjoy!