



Steak in Creamy Mustard Sauce with roast potatoes and carrots

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 | 400 g | 800 g |
| Carrot | 1 unit | 2 units |
| Garlic | 2 units | 4 units |
| Mustard | 2 sachets | 4 sachets |
| Chicken Stock | 1 sachet | 2 sachets |
| Creme Fraiche | 62.5 g | 125 g |

Nutrition

| | Per serving | Per 100g |
|--------------------------|--------------------------|-------------------------|
| for uncooked ingredients | 450.2 g | 100 g |
| Energy (kJ/kcal) | 2434.2 kJ/ 581.8 kcal | 540.6 kJ/ 129.2 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

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



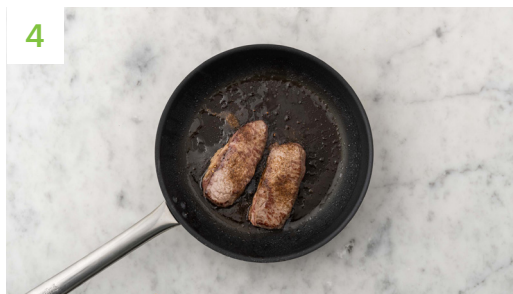
You can recycle me!



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.

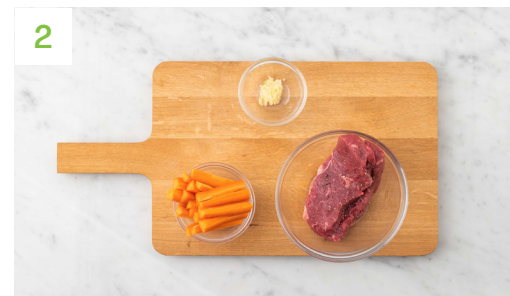
TIP: Use two baking trays if necessary.



Cook the Steak

- Place a large pan over high heat with a drizzle of **oil**.
- When the **oil** is hot add **steaks** and fry until browned, 2-3 mins each side. **IMPORTANT:** Wash hands and equipment after handling raw meat.
- Lower heat and fry for 1-2 mins more each side for medium-rare.
- When done, remove from pan, cover with foil and rest for 1-2 mins. Steak is safe to eat when outside is browned.

TIP: Cook for 1-2 mins more if you like it more well done.



Start the Prep

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



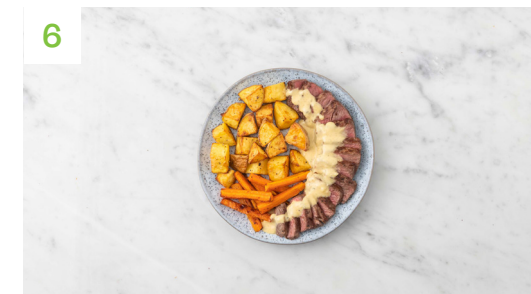
Make the Sauce

- Place a pot over a medium-high heat.
- Drizzle in some **oil** and fry the **garlic** for 1 min.
- Add **stock** and 100ml **water** (double for 4p) for the sauce.
- Bring to the boil and simmer for 1-2 mins, then stir in half the **creme fraiche** (double for 4p). Let it simmer until thickened, 3-4 mins.
- Stir in the **mustard** and remove from the heat. Season to taste with **salt** and **pepper** if needed.



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 **steaks** widthways and transfer them to your plates.
- Serve the **potatoes** and **carrots** alongside.
- Spoon the creamy **mustard** sauce over the **steaks** to finish.

Enjoy!