WK40
2016

Seared Beef Steak with Parmesan Mash & Green Beans

This premium cut of beef rump is the ideal candidate for being cooked rare. It will be perfectly juicy and tender after searing each side and just a few minutes in the oven. Of course, you can achieve a more well done result by leaving the rump in the oven for longer, but take it from us – rareness is next to godliness.

Prep: *10 mins*
Cook: *30 mins*
Total: *40 mins*

level 1

gluten free

low sodium

Pantry Items

Milk   *Butter*

Olive Oil

Potatoes   *Parmesan Cheese*   *Rosemary*

Premium Beef Rump   *Carrot*   *Green Beans*

2P	4P	Ingredients	
400 g	800 g	potatoes, peeled & cut into 2 cm pieces	
¼ cup	½ cup	milk *	
1 tbs	2 tbs	butter *	
½ block	1 block	Parmesan cheese, finely grated	⊕
1 bunch	2 bunches	rosemary, leaves finely chopped	
1 steak	2 steaks	premium beef rump	
1	2	carrot, peeled & sliced diagonally	⊕
1 bag	2 bags	green beans, trimmed	
2 tsp	1 tbs	olive oil *	

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2470	Kj
Protein	56.5	g
Fat, total	22.9	g
-saturated	10.9	g
Carbohydrate	35.7	g
-sugars	8.5	g
Sodium	322	mg

You will need: *chef's knife, chopping board, vegetable peeler, box grater, two saucepans, colander, potato masher or fork, ovenproof pan, plate and aluminium foil.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **potato** in a saucepan of cold water, bring to the boil and cook for **15 minutes** or until tender. Drain and return to the saucepan. Add the **milk**, **butter** and **Parmesan cheese** and mash everything together with a potato masher or fork. Season with **salt** and **pepper**, set aside and cover to keep warm.


3 Meanwhile, place the **rosemary**, salt and pepper onto a large chopping board and roll the **premium beef rump** to cover in the herb mixture. Heat some oil in a medium ovenproof pan over a medium-high heat and sear the beef on all sides for **3-4 minutes**. Place the ovenproof pan in the oven for **5 minutes**. Cooking time will vary depending on your preference and the thickness of your meat. Transfer the meat to a plate and cover with foil. Rest for **5 minutes** to ensure your steak is tender. Don't be tempted to skip this step!
Tip: If you don't like your beef rare, cook it in the oven for a further **5 minutes**, or until cooked to your liking.

4 Fill a saucepan with boiling water and place on a high heat. Add the **carrot** and **green beans** and cook for **5 minutes** or until tender. Drain and add back into the empty saucepan with **olive oil**, salt and pepper. Mix well to combine.
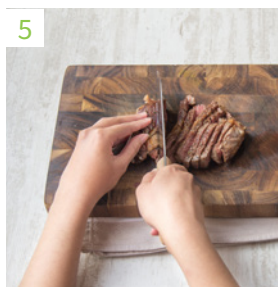
5 To serve, plate up the Parmesan mash and veggies. Slice the beef and divide among your plates. Enjoy!

Did you know? International Carrot Day is celebrated every year on April 4th.