



Seared Beef & Garlic-Rosemary Sauce

with Silverbeet, Mash & Truffle Mayo

Grab your Meal Kit
with this symbol



Potato



Zucchini



Silverbeet



Garlic



Rosemary



Beef Rump



Italian Truffle
Mayonnaise

Hands-on: 30-40 mins
 Ready in: 35-45 mins
 Naturally Gluten-Free
Not suitable for coeliacs

The forgotten green vegetable, it's time to give silverbeet some real estate on your plate. AKA chard or Swiss chard, silverbeet tastes somewhat like spinach, but with a heartier texture and pleasant bittersweet flavour that's perfect with a juicy steak.

Pantry items
Olive Oil, Milk, Butter, Vinegar, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan with lid · Medium frying pan

Ingredients

	2 People refer to method	4 People refer to method
olive oil*		
potato	2	4
zucchini	1	2
silverbeet	1 medium bag	1 large bag
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
beef rump	1 small packet	1 large packet
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
butter*	40g	80g
warm water*	drizzle	drizzle
vinegar* (white wine or red wine)	drizzle	drizzle
honey*	1 tsp	2 tsp
Italian truffle mayonnaise	1 packet	2 packets

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2770kJ (662Cal)	482kJ (115Cal)
Protein (g)	38.3g	6.7g
Fat, total (g)	41.5g	7.2g
- saturated (g)	14.3g	2.5g
Carbohydrate (g)	31.5g	5.5g
- sugars (g)	6.8g	5.5g
Sodium (mg)	605mg	105mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Bring a large saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Cut the **zucchini** into large chunks. Roughly chop the **silverbeet**. Finely chop the **garlic**. Pick the **rosemary** leaves and finely chop. Slice each **beef rump** in half to get one steak per person.



Make the mash

Cook the **potato** in the boiling water until easily pierced with a knife, **12-15 mins**. Drain and return to the saucepan. Add the **milk**, the **salt** and 1/2 the **butter**. Mash until smooth. Season with a pinch of **pepper**. Cover with a lid to keep warm. Set aside.



Cook the veggies

While the potato is cooking, heat a medium frying pan over a medium-high heat with a drizzle of **olive oil**. Add the **zucchini** and cook, stirring, until tender, **5 minutes**. Add the **silverbeet** and 1/2 the **garlic** and cook until slightly wilted, **2 minutes**. Season to taste. Transfer to a medium bowl and cover to keep warm.



Cook the beef

See 'Top Steak Tips' (bottom left)! Return the frying pan to a high heat with a drizzle of **olive oil**. Season the **beef rump** on both sides. Once the oil is hot, add the **beef** to the pan and cook, **2-3 minutes** each side (depending on thickness), or until cooked to your liking. Transfer to a plate.



Make the sauce

Return the frying pan to a medium heat with the remaining **butter** and a dash of **olive oil** (to stop the butter from burning). Add the **rosemary** and the remaining **garlic** and cook until fragrant, **1-2 minutes**. Add a drizzle of **warm water**, a drizzle of **vinegar**, and the **honey** and stir to combine. Season to taste.



Serve up

Thinly slice the seared beef. Divide the mash and veggies between plates. Top with the beef, then spoon over the garlic-rosemary sauce. Serve with the **Italian truffle mayonnaise**.

Enjoy!

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.