



21 Day Aged Rump Steak and Lemon Chive Butter with Cheesy Mash and Peas

Quick 20-25 Minutes • 1 of your 5 a day

8



21 Day Aged Rump Steaks



Potatoes



Garlic Clove



Chives



Lemon



Peas



Grated Hard Italian Style Cheese

Pantry Items
Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, frying pan, garlic press, fine grater, bowl, aluminium foil, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
21 Day Aged Rump Steaks**	2	3	4
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Chives**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Peas**	120g	240g	240g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g

Pantry	2P	3P	4P
Butter*	30g	45g	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	495g 2399 /573	100g 485 /116
Fat (g)	21.8	4.4
Sat. Fat (g)	12.3	2.5
Carbohydrate (g)	54.1	10.9
Sugars (g)	6.7	1.4
Protein (g)	44.5	9.0
Salt (g)	0.84	0.17

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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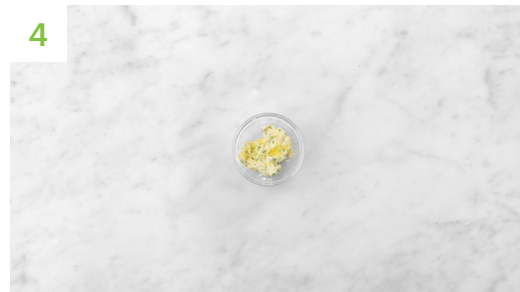
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Start the Prep

- Boil a full kettle.
- Remove the **steaks** and **butter** (see pantry for amount) from your fridge to allow them to come up to room temperature.
- Chop the **potatoes** into 2cm chunks (peel first if you prefer).



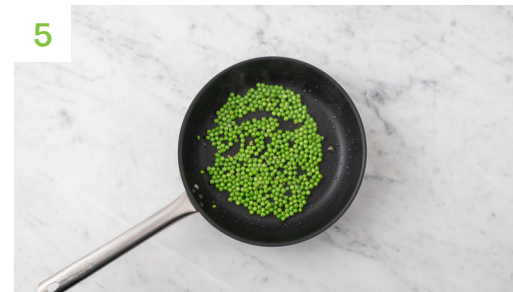
Finish the Prep

- Meanwhile, peel and grate the **garlic** (or use a garlic press). Finely chop the **chives** (use scissors if easier). Zest and halve the **lemon** (see ingredients for amount).
- In a small bowl, add the **chives**, **softened butter** and a pinch of **lemon zest**. Using the back of a fork, mash to combine. Season with a pinch of **salt**, then set aside.
- Once the **steaks** are cooked, transfer to a board, cover with foil and allow to rest. **IMPORTANT:** *The steak is safe to eat when browned on the outside.*



Boil the Potatoes

- Pour the **boiling water** into a large saucepan with ½ **tsp salt** for the **potatoes**.
- Add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



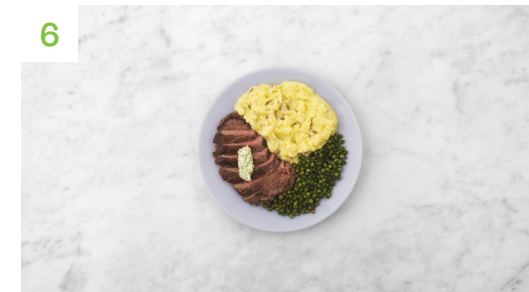
Peas Please

- Return the (now empty) frying pan to medium heat with a drizzle of **oil**.
- Once hot, add the **peas** and stir-fry for 2-3 mins.
- Add the **garlic** and cook for 1 min. Remove from the heat.
- Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**, then stir in the **hard Italian style cheese**.



Fry your Steaks

- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.
- Season the **steaks** with **salt** and **pepper**. **TIP:** *Rump steaks naturally vary in shape, so adjust the following timings depending on how you like yours cooked.*
IMPORTANT: *Wash your hands and equipment after handling raw meat.*
- Once very hot, lay the **steaks** into the pan and fry until browned and medium-rare, about 5 mins. Turn halfway through. **TIP:** *Cook each side for 1 min more if you like it more well done.*



Slice and Serve

- When you're ready to serve, cut the **steaks** widthways into 1cm thick slices, then share between your plates.
- Serve the **cheesy mash** and **peas** alongside. Squeeze some **lemon juice** over the **peas** to taste.
- Spread the **chive butter** over the **steaks** to finish.

Enjoy!