



# 21 Day Aged Rump Steak & Parma Ham Filled Pasta with Mushroom Cacio e Pepe Inspired Sauce

Premium 25-30 Minutes • 1 of your 5 a day

30



Garlic Clove



Parma Ham &  
Parmigiano Reggiano  
Filled Pasta



Closed Cup  
Mushrooms



Cracked Black  
Pepper



Cider Vinegar



Chicken Stock  
Paste



Creme Fraiche



Parmigiano Reggiano



21 Day Aged  
British Rump Steaks



Unsalted Butter



Wild Rocket



Balsamic Glaze

#### Pantry Items

Oil, Salt, Pepper

## Before you start

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

## Cooking tools

Saucepan, garlic press, colander, frying pan and lid.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Parma Ham & Parmigiano Reggiano Filled Pasta** 7) 8) 13)	250g	375g	500g
Closed Cup Mushrooms**	150g	225g	300g
Cracked Black Pepper	1 sachet	2 sachets	2 sachets
Cider Vinegar 14)	15ml	30ml	30ml
Chicken Stock Paste	10g	20g	20g
Crema Fraiche** 7)	75g	150g	150g
Parmigiano Reggiano** 7)	20g	40g	40g
21 Day Aged British Rump Steaks**	2	3	4
Unsalted Butter** 7)	10g	20g	20g
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14)	12ml	18ml	24ml
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>491g</b>	<b>100g</b>
Energy (kJ/kcal)	3096/740	631/151
Fat (g)	36.2	7.4
Sat. Fat (g)	20.7	4.2
Carbohydrate (g)	51.0	10.4
Sugars (g)	10.8	2.2
Protein (g)	52.3	10.7
Salt (g)	3.83	0.78

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

## Allergens

7) Milk 8) Egg 13) Cereals containing gluten 14) Sulphites

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, mollusc, 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

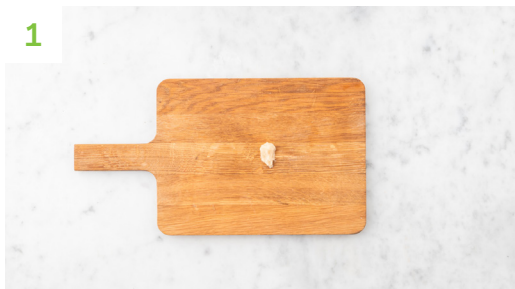
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## Get Prepped

Remove the **steaks** from your fridge to allow them to come up to room temperature.

Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$   **tsp salt** for the **pasta**.

Peel and grate the **garlic** (or use a garlic press).



## Make your Cacio e Pepe Sauce

Once the **vinegar** has evaporated, stir the **chicken stock paste** and **water for the sauce** into the **mushrooms** (see pantry for amount). Simmer until reduced by half, 2-3 mins.

Lower the heat, then stir in the **crema fraiche** and simmer until slightly thickened, 1 min.

Add the **cooked pasta** to the **sauce** and gently toss to coat. Simmer until piping hot, 1 min.

Stir through the **Parmigiano Reggiano** until melted, then remove from the heat and cover with a lid.



## Boil the Pasta

When boiling, add the **filled pasta** to the pan of **water** and bring back to the boil. Cook until tender, 3 mins.

Once cooked, drain in a colander. Drizzle with **oil** and gently stir through to stop it sticking together.

Meanwhile, thinly slice the **mushrooms**.



## Fry the Steaks

Meanwhile, heat a drizzle of **oil** in another 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.

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.

In the last min of cooking, add the **butter** and remaining **garlic** to the pan. Allow the **butter** to melt, then baste the **steaks** by gently spooning over the **garlic butter** for 1 min.



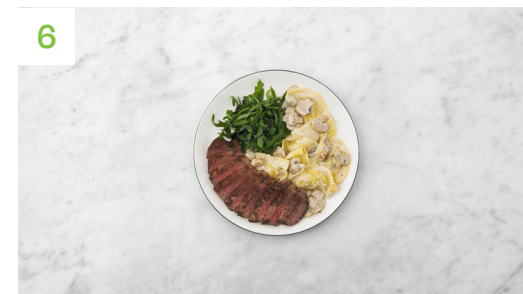
## Time to Fry

Heat a drizzle of **oil** on high heat in a medium frying pan on high heat.

Once hot, add the **mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.

Add the **cracked black pepper** and **half the garlic**. Cook for 30 secs.

Pour in the **cider vinegar** and allow the **vinegar** to bubble away.



## Slice and Serve

Once cooked, transfer the **steaks** to a board, cover with foil and allow to rest. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The steak is safe to eat when browned on the outside.

Gently reheat the **pasta** and **sauce** if needed. Add a splash of **water** if you feel it needs it.

When ready to serve, slice the **steaks** widthways into 1cm thick slices.

Share the **steaks** between your plates, serving the **creamy pasta** and **rocket** alongside. Drizzle the **balsamic glaze** over the **rocket** to finish.

Enjoy!