



# 21 Day Aged Rump Steak and Truffled Dauphinoise with Red Wine Jus and Garlicky Broccoli

**Premium** 35-40 Minutes • 1 of your 5 a day

29



21 Day Aged  
British Rump Steaks



Potatoes



Garlic Clove



Tenderstem® Broccoli



Creme Fraiche



Chicken Stock Paste



Grated Hard  
Italian Style Cheese



Red Wine  
Jus Paste



Truffle Zest

**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, ovenproof dish, frying pan, aluminium foil and lid.

## Ingredients

Ingredients	2P	3P	4P
21 Day Aged British Rump Steaks**	2	3	4
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Tenderstem® Broccoli**	150g	200g	300g
Crème Fraîche** 7)	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Red Wine Jus Paste 10) 14)	15g	22g	30g
Truffle Zest	1 sachet	1½ sachets	2 sachets
Pantry	2P	3P	4P
Reserved Potato Water*	75ml	100ml	150ml
Water for the Jus*	150ml	225ml	300ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	666g	100g
Energy (kJ/kcal)	2972/710	446/107
Fat (g)	33.8	5.1
Sat. Fat (g)	19.5	2.9
Carbohydrate (g)	56.2	8.4
Sugars (g)	7.3	1.1
Protein (g)	48.2	7.2
Salt (g)	2.32	0.35

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

## Allergens

7) Milk 8) Egg 10) Celery 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

Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the **steaks** from your fridge to allow them to come up to room temperature before cooking. Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**.

Peel and slice the **potatoes** into 1cm thick rounds. Peel and grate the **garlic** (or use a garlic press). Halve any thick **broccoli stems** lengthways.

Once boiling, add the **potato slices** to the **water** and simmer until just tender, 8-12 mins.

Once cooked, reserve some of the **potato water** (see pantry for amount), then drain in a colander.



## Fry your Steaks

While the **jus** simmers, season the **steaks** on both sides with **salt** and **pepper**. **TIP:** Rump steaks naturally vary in shape, so adjust the following timings depending on how you like yours cooked.

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

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



## Make the Creamy Sauce

When the **potatoes** have 5 mins left, heat a drizzle of **oil** in a medium saucepan on medium heat.

Once hot, add **half** the **garlic** and cook until fragrant, 30 secs, then add the **crème fraîche**, **chicken stock paste**, **reserved potato water** and **half** the **grated hard Italian style cheese**.

Mix together, bring to the boil, then remove from the heat. Season to taste with **salt** and **pepper**.

Lay the **cooked potato slices** in layers in an appropriately sized ovenproof dish, then pour over the **creamy sauce**.



## Bring on the Broccoli

While the **steaks** rest, heat the (now empty) frying pan on medium-high heat with a drizzle of **oil** if needed (no need to clean).

Once hot, add the **Tenderstem®** and stir-fry for 2-3 mins.

Stir in the remaining **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 3-5 mins. Season with **salt** and **pepper**.

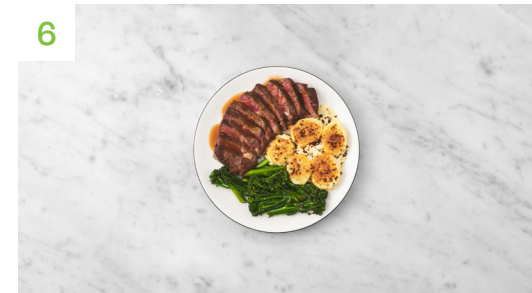


## Layer up the Dauphinoise

Sprinkle the remaining **cheese** on top of the **potatoes** and bake on the top shelf of your oven until golden brown and bubbly, 15-20 mins. **TIP:** Put the dish onto a baking tray to catch any drips.

Meanwhile, wash out the (now empty) medium saucepan. Pour in the **water for the jus** (see pantry for amount), then bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium. Allow the **sauce** to bubble and thicken, stirring regularly, 6-7 mins. Set aside and cover to keep warm. **TIP:** If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.



## Finish and Serve

When the **dauphinoise** is ready, remove from the oven and sprinkle over the **truffle zest**.

Slice your **steaks** widthways into 1cm slices and transfer to your plates. Spoon over the **red wine jus** (reheat first if needed).

Serve with the **truffled dauphinoise** and **garlicky broccoli** alongside.

## Enjoy!