



Sliced Rump Steak & Peppercorn Sauce Side Dish with Shallot and Chives

Special Sides 10-15 Minutes

1A

Find all your unchilled
Market items in bag A.



21 Day Aged British
Rump Steaks



Echalion Shallot



Cracked
Black Pepper



Chicken
Stock Paste



Chives



Creme Fraiche

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, frying pan and aluminium foil.

Ingredients

Ingredients	Quantity
21 Day Aged British Rump Steaks**	2
Echalion Shallot**	1
Cracked Black Pepper	1 sachet
Chicken Stock Paste	10g
Chives**	1 bunch
Crema Fraiche** 7)	75g

Pantry	Quantity
Water*	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	1377 /329	489 /117
Fat (g)	18.6	6.6
Sat. Fat (g)	10.1	3.6
Carbohydrate (g)	7.4	2.6
Sugars (g)	4.5	1.6
Protein (g)	35.4	12.6
Salt (g)	1.19	0.42

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

Allergens

7) Milk

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

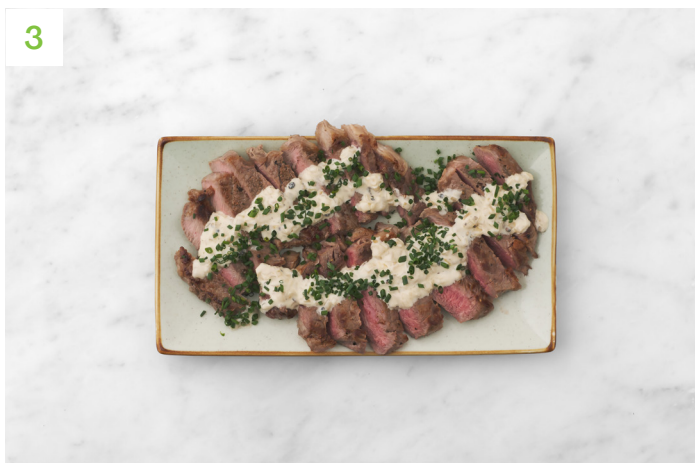
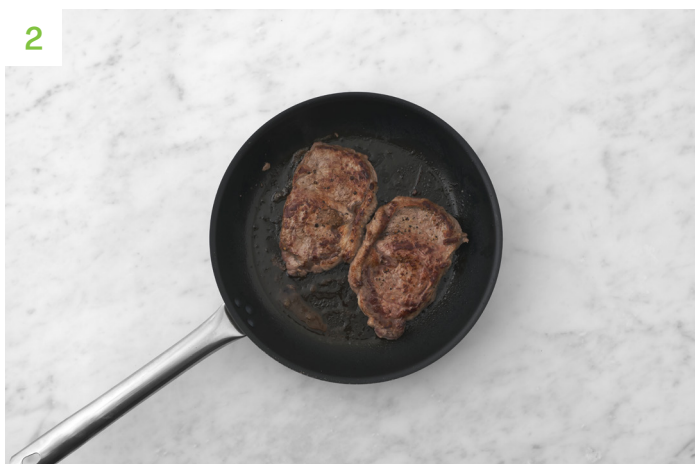
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To Start

- Remove the **steaks** from your fridge to allow them to come up to room temperature.
- Halve, peel and chop the **shallot** into small pieces.
- Heat a small saucepan on medium heat with a drizzle of **oil**. Once hot, add the **shallot** and stir-fry until softened, 3-4 mins.

Fry the Steak

- 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.
- 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. It's safe to eat when browned on the outside.

Make the Peppercorn Sauce

- Once the **shallot** has softened, add the **cracked black pepper** to the saucepan and fry until fragrant, 1 min. Stir in the **chicken stock paste** and **100ml water**, then simmer until reduced by half, 2-3 mins.
- While the **sauce** simmers, finely chop the **chives** (use scissors if easier).
- Lower the heat, then stir in the **crema fraiche** and simmer until slightly thickened, 1-2 mins. Remove from the heat and stir **half** the **chives** through the **sauce**.
- Once the **steak** has rested, slice into 1cm wide slices and lay onto your serving plate. Drizzle over the **peppercorn sauce**, then sprinkle over the remaining **chives** to finish.

Enjoy!