



# Pepper Crusted Rump Steak and Red Wine Jus with Cheesy Mash, Roasted Radishes and Chantenay Carrots

30

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



Rump Steak



Chantenay Carrots



Potatoes



Radishes



Cracked Black Pepper



Red Wine Jus Paste



Chives



Creme Fraiche



Grated Hard Italian Style Cheese

**Pantry Items**

Oil, Salt, Pepper, Honey

## 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, baking tray, lid, kitchen scissors, colander and aluminium foil.

## Ingredients

Ingredients	2P	3P	4P
Rump Steak**	2	3	4
Chantenay Carrots**	150g	225g	300g
Potatoes	450g	700g	900g
Radishes**	100g	150g	200g
Cracked Black Pepper	2 sachets	3 sachets	4 sachets
Red Wine Jus Paste <b>10</b> <b>14</b>	15g	22g	30g
Chives**	1 bunch	1 bunch	1 bunch
Creme Fraiche** <b>7</b>	75g	120g	150g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	20g	40g	40g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Jus*	150ml	225ml	300ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	567g	100g
Energy (kJ/kcal)	2900 /693	511 /122
Fat (g)	35.8	6.3
Sat. Fat (g)	18.1	3.2
Carbohydrate (g)	58.4	10.3
Sugars (g)	16.3	2.9
Protein (g)	39.5	7.0
Salt (g)	1.32	0.23

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, milk, egg, mustard, celery, soya, 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.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**. Remove the **steaks** from the fridge to allow them to come up to room temperature.

Trim and halve the **carrots** lengthways (no need to peel). Peel and cut the **potatoes** into 2cm chunks.

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



## Make your Cheesy Mash

While the **jus** simmers, finely chop the **chives** (use scissors if easier).

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add the **creme fraiche** and **hard Italian style cheese** and mash until smooth.

Season with **salt** and **pepper**, then stir in **half** the **chives**. Cover with a lid to keep warm.



## Crust the Steaks

Meanwhile, pop the **carrots** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until tender, 20-25 mins.

In the meantime, trim and halve the **radishes**.

Sprinkle **half** the **cracked black pepper** onto a plate and press one side of each **steak** into it. Turn the **steaks** over and sprinkle the remaining **pepper** onto the other side, pressing it in so it sticks. Set aside for now. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



## Fry Time

About 5 mins before you're ready to serve, heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt**. **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 1 min 15 secs on each side. **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:** The steak is safe to eat when the outside is browned.



## Red Wine Jus Time

Meanwhile, pour the **water for the jus** (see pantry for amount) into a small saucepan and 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, 5-6 mins, then remove from the heat. Cover with a lid or foil to keep warm.

When the **carrots** have roasted for about 10 mins, remove from the oven and add the **radishes** to the tray. Drizzle both **veg** with the **honey** (see pantry for amount) and toss to coat. Return to the oven and cook for the remaining 10-15 mins.



## Finish and Serve

When everything's almost ready, reheat the **jus** and **cheesy mash** if needed.

Slice the **steaks** widthways into 1cm slices and transfer to your plates. Serve the **mash** and **roasted veg** alongside.

Pour over the **red wine jus** and sprinkle with the remaining **chives** to finish.

## Enjoy!