



Balsamic & Thyme Beef Steak

with Veggies & Creamy Mash

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Broccoli



Thyme



Beef Rump

Hands-on: **25-35** mins
Ready in: **30-40** mins

There is something so comforting about the aroma of caramelised butter, thyme and vinegar bubbling in a pan. Completely mouth-watering to say the least. Drizzled over a hot steak, atop a mound of creamy mashed potato – what’s not to love?

Pantry items

Olive Oil, Milk, Butter, Balsamic Vinegar, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
butter*	40g	80g
garlic	1 clove	2 cloves
carrot	1	2
broccoli	½ head	1 head
thyme	1 bunch	1 bunch
beef rump	1 packet	1 packet
balsamic vinegar*	2½ tbs	½ cup
warm water*	¼ cup	½ cup
brown sugar*	2 tsp	4 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2620kJ (627Cal)	430kJ (103Cal)
Protein (g)	46.4g	7.6g
Fat, total (g)	24.2g	4.0g
- saturated (g)	14.0g	2.3g
Carbohydrate (g)	53.2g	8.7g
- sugars (g)	17.1g	2.8g
Sodium (mg)	442mg	73mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Make the mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Add the **potato** to the boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **milk**, **salt** and **1/2 the butter** to the **potato**. Mash with a potato masher or fork until smooth. Cover to keep warm.



2. Get prepped

While the potato is cooking, finely chop the **garlic** (or use a garlic press). Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **broccoli** (see ingredients list) into small florets, then roughly chop the stalk. Pick and finely chop the **thyme** leaves.



3. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and **broccoli** and cook until just tender, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Season with a **pinch** of **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.



4. Cook the steak

See Top Steak Tips (bottom) for extra info!

Return the frying pan to a high heat with a **drizzle** of **olive oil**. Season both sides of the **beef rump** with a **pinch** of **salt** and **pepper**. When the oil is hot, add the **beef rump** and cook for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



5. Make the sauce

While the steak is resting, return the frying pan to a medium heat. Add the **balsamic vinegar**, **warm water**, **thyme**, **brown sugar** and **remaining butter**. Season with a **pinch** of **salt** and **pepper**. Bring to the boil, then reduce the heat to low, stirring until slightly thickened, **2-3 minutes**. Add the **steak resting juices** and remove from the heat.



6. Serve up

Thickly slice the steak. Divide the veggies, steak and mash between plates. Spoon the balsamic sauce over the steak.

Enjoy!

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.