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Garlic Rubbed Beef with Mash,

Golden Leeks and Green Veggies



30-40min



4 Portions

There's something immensely satisfying about a perfectly-cooked steak, and you won't be disappointed by this recipe. Marinating the steaks quickly not only adds flavour, but also helps to tenderise the meat. We love serving steaks with simple greens and mash, which we've given a gourmet twist with slowly cooked buttery sweet leeks.

What we send

- grass-fed beef rump steak
- flaked almonds ¹⁵
- Garlic cloves Skin On
- green peas
- green beans
- trimmed leek
- desiree potatoes

What you'll require

- butter ⁷
- Australian honey
- milk ⁷
- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper
- wholegrain mustard ¹⁷

Utensils

- chargrill or frypan
- Colander
- large deep frying pan or saucepan
- large saucepan
- medium saucepan

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7), Tree Nuts (15), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 655.0kcal, Fat 28.1g, Proteins 43.7g, Carbs 49.8g



1. Prepare mash

Peel **potatoes** and cut into 2-3cm pieces. Place in a large saucepan and cover with water. Season with **salt** and bring to the boil. Cook for 12-15 mins until tender. Drain and return to the pan to dry. Add 20g **butter** and 80ml ($\frac{1}{3}$ cup) **milk** and mash until smooth. Season to taste with **salt and pepper** and cover to keep warm.



2. Marinate beef

Meanwhile, crush or finely chop **garlic**. Combine $\frac{3}{4}$ garlic in a bowl with 1 tbs **oil**, 1 tsp **red wine vinegar**, 1 tsp **honey**, 2 tsp **wholegrain mustard** and season well with **black pepper**. Add the **steaks** and turn to coat.



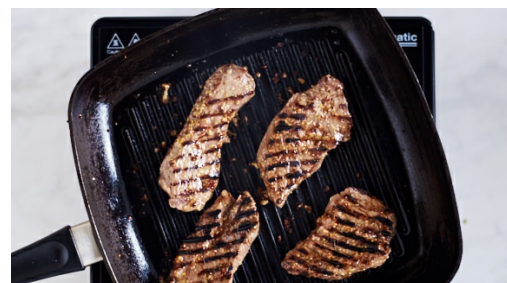
3. Slice leeks

Trim ends of **leeks** (discarding most of the green part of stalk) and thinly slice.



4. Cook leeks

Heat 1 tbs **oil** in a large, deep frypan over medium heat. Add **leeks** and 20g **butter**. Reduce heat to medium-low and cook covered, stirring occasionally, for 10-12 mins until softened and light golden.



5. Chargrill steaks

Meanwhile, bring a medium saucepan of water to the boil for the vegetables. Trim ends of **beans**. Heat a chargrill pan over medium-high heat and cook **beef** for 3-4 mins each side until medium-rare, or cooked to your liking. Set aside to rest for 3 mins.



6. Cook vegetables

Cook **beans** in pan of boiling water for 2 mins. Add **peas** and cook for a further 1 min. Drain well. Add the **remaining garlic** and **flaked almonds** and toss to combine. Divide **mashed potato** between plates and top with **leeks**. Serve with **beef** and **vegetables**.