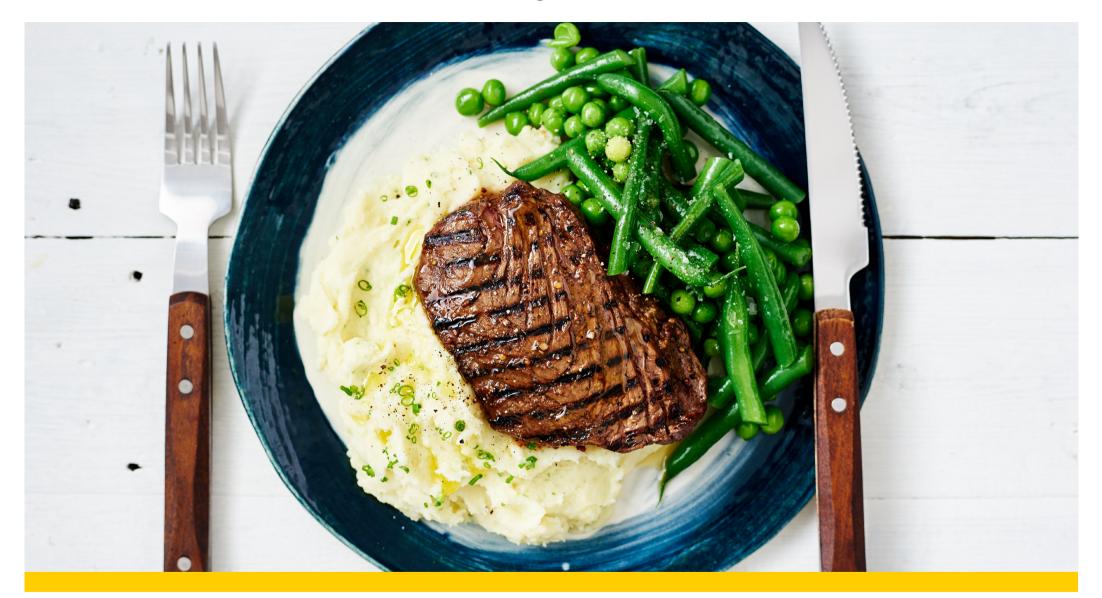
MARLEY SPOON



Balsamic Beef Rump

with Chive Mash and Green Vegetables

20-30min 🔌 2 Portions

There are few things more satisfying than a good steak. We've elevated the classic with grass-fed beef marinated in a delicious blend of balsamic vinegar, honey and mustard, and stirred chives into a creamy mash. To top it off, blanched spring peas and crisp green beans for freshness, crunch and market-fresh colour.

What we send

- grass-fed beef rump steak
- beans, green round
- garlic clove, chives
- green peas
- potatoes

What you'll require

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

Utensils

Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 600kcal, Fat 22.0g, Carbs 54.6g, Proteins 38.7g



1. Prepare mash

Peel the **potatoes** and cut into 2-3cm chunks. Put in a large saucepan, cover with water and season with **salt**. Bring to the boil and cook for 12-15 mins until tender. Drain, return to pan over low heat and cook for 1 min to evaporate any excess water. Add **milk** and **half the butter**, and mash until smooth. Season with **salt and pepper**. Cover to keep warm.



2. Marinate steaks

While the potatoes are cooking, crush or finely chop the **garlic**. Combine the garlic, **oil**, **vinegar**, **honey** and **mustard** in a large bowl and season with **salt and pepper**. Add the **steaks** and turn to coat.



3. Prepare vegetables

Bring a medium saucepan of salted water to the boil for the vegetables. Trim the ends of the **beans**, then halve. Finely chop the **chives**.



4. Cook steaks

Heat a chargrill pan or frypan over mediumhigh heat. Cook the **steaks** for 2-3 mins each side until medium-rare or until cooked to your liking. Remove from the pan and rest for 3 mins.



5. Cook vegetables

Meanwhile, cook the **beans** in the pan of boiling water for 2 mins or until bright green. Add the **peas** and cook for a further 1 min or until the vegetables are tender. Melt the **remaining butter** in the pan over low heat. Add the peas and beans, season with **salt and pepper**, and toss to coat.



6. Get ready to serve

Stir the **chives** into the mashed potato. Divide the mashed potato among plates and serve with the **steak** and **vegetables**.



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