

# MARLEY SPOON



## **Balsamic Beef Rump** with Chive Mash and Green Vegetables

 20-30min  4 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
- garlic cloves, chives
- peas, green frozen
- beans, green round
- potatoes

## What you'll require

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

## 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.

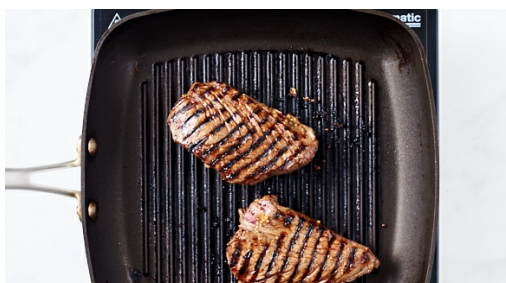
## Nutrition per serving

Energy 590kcal, Fat 22.2g, Carbs 53.9g, Proteins 38.4g



### 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.



### 4. Cook steaks

Heat a chargrill pan or frypan over medium-high 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.



### 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.



### 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.



### 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**.



### 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**.