

Pan-Seared Beef Rump

with Pea, Mint and Feta Mash



20-30min



4 Portions

Nothing satisfies quite like a good steak, but you don't need to settle for plain mash to go with it. By adding green peas, fragrant mint and creamy feta, you can take your side of spuds from simple to special in a flash, using just a few, hand-picked ingredients.

What we send

- mint
- potato
- 4 beef rump steaks
- feta ⁷
- peas

What you'll require

- butter ⁷
- olive oil
- sea salt and pepper

Utensils

- large saucepan with lid
- paper towel
- potato masher

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

Cooking tip

Achieve an amazing seared-crust on your steak by removing surface moisture before cooking. ~It's important your pan is very hot before adding the beef, otherwise it may stew slightly and become tough.

Allergens

Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 520kcal, Fat 20.2g, Carbs 33.4g, Proteins 45.1g



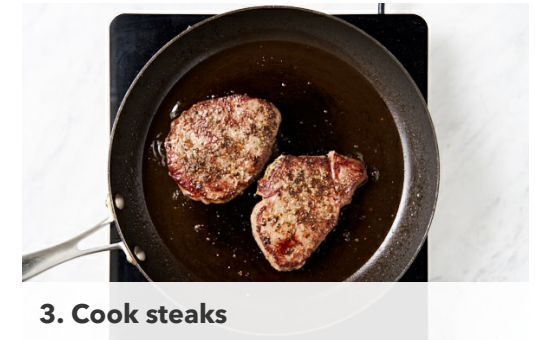
1. Prepare potato

Read through the recipe. Remove the **steaks** from the fridge, remove from the packaging and pat dry with paper towel (see cooking tip). Peel and cut the **potatoes** into 3cm chunks.



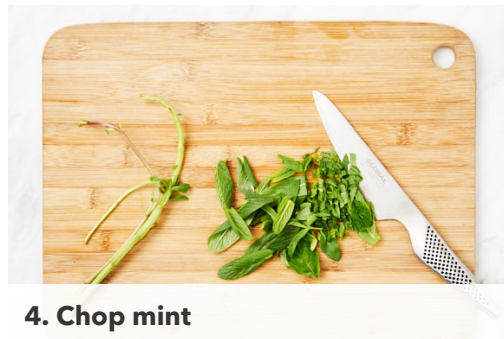
2. Cook potato

Put the **potato** in a large saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 8-10 mins until just tender. Add the **peas** and cook for a further 2 mins. Drain, then return to the pan and cover to keep warm.



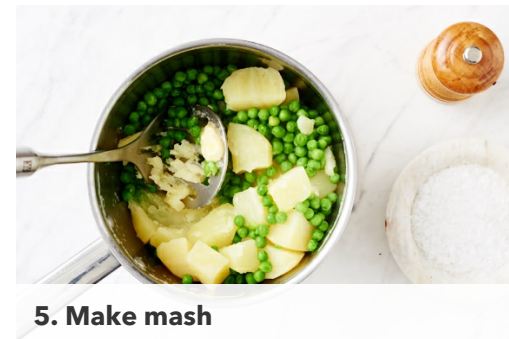
3. Cook steaks

Meanwhile, heat **1 tbs olive oil** in a large frypan over high heat (see cooking tip). Season the **steaks** with **salt and pepper**. Reduce the heat to medium-high and cook the steaks for 3-4 mins each side for medium-rare or until cooked to your liking. Transfer to a plate and rest for 4 mins.



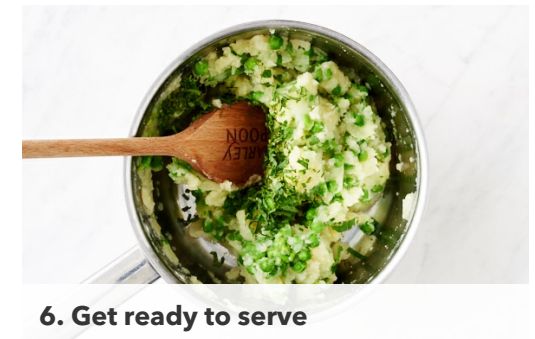
4. Chop mint

While the steaks are cooking, pick the **mint** leaves, discarding the stems. Reserve a few leaves to serve, then coarsely chop the remainder.



5. Make mash

Add **30g butter** to the **potato and peas** and mash with a potato masher until almost smooth. Season with **salt and pepper**.



6. Get ready to serve

Stir the **chopped mint** into the mash. Divide the **steaks** and **mash** among plates. Crumble over the **feta** and scatter over the **mint leaves** to serve.