

GREEN
CHEF

Cooking for 4? Grab 2 kit
bags with this number.

19

Beef Rump Steak in a Red Wine Jus

with Creamy Mustard Kale and Roasted Broccoli

Cook time: 25-30 mins | **Servings:** 2 or 4 portions



Carbs	Protein	Fat	Calories	5-a-day
12.2g	45.1g	29.0g	488 Kcal	2 portions
Typical Values Per Serving				

Before you start

Wash your hands before and after prep. Wash fruit and veg but not meat. Check ingredient packaging names match those stated on the recipe card.

Make sure you've got a garlic press, frying pan, lid, bowl, baking tray, saucepan and aluminium foil.

Ingredients

Ingredients	2 people	4 people
21 Day Aged Rump Steak**	2	4
Broccoli**	1	2
Kale**	100g	200g
Garlic Clove**	1	2
Red Wine Jus Paste 10) 14)	15g	30g
Wholegrain Mustard 9)	17g	34g
Creme Fraiche** 7)	75g	150g
Pantry	2 people	4 people
Water*	150ml	300ml
Oil for Cooking*	2 tbsps	4 tbsps

*Not Included ** Keep in the Fridge

Typical Values	Per Serving	Per 100g
for uncooked ingredient	507g	100g
Energy (kJ/kcal)	2040 /488	403 /96
Fat (g)	29.0	5.7
Sat. Fat (g)	11.5	2.3
Carbohydrate (g)	12.2	2.4
Sugars (g)	6.4	1.3
Protein (g)	45.1	8.9
Salt (g)	1.34	0.26

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal)

Allergens

7) Milk **9)** Mustard **10)** Celery **14)** Sulphites


Please remember to check your ingredient packaging for information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Wash or use different chopping boards and utensils for raw and ready-to-eat foods. There may be last-minute changes to ingredients, of which we will always notify you by email.

How to contact us

If you have any questions, our customer care team is available 7 days a week, 9:00am to 10:00pm, **on 020 4538 1121 or via the chat function on the website**

Grocery Delivery E-Services UK Ltd,
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Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the **steaks** from your fridge to allow them to come up to room temperature. Season the **steaks** on both sides with **salt** and **pepper**.

Cut the **broccoli** into florets, halving any large ones. Destalk the **kale** and discard the stems (they're too tough to eat). Thinly slice the leaves widthways. Peel and grate the **garlic** (or use a garlic press).



Return the frying pan to high heat with a drizzle of **oil**. **Rump steaks** naturally vary in shape, so adjust the following timings depending on how you like yours cooked.

Once very hot, fry the **steaks** for **medium-rare**: 5 mins / **medium**: 5 mins 30 secs / **well done**: 6 mins, turning halfway through cooking.

Transfer to a plate to rest, covering with a plate or foil to keep warm. **IMPORTANT: Wash your hands and equipment after handling raw meat. The steak is safe to eat when browned on the outside.**



Heat a large frying pan on medium heat (no oil).

Once hot, add the **kale** with a splash of **water** and season with **salt** and **pepper**. Cover with a lid and cook until wilted, 5-6 mins. Add the **garlic** and cook for 1 min more.

Transfer to a bowl and cover to keep warm. Set the pan aside for later - no need to clean.

If your red wine jus paste has hardened, put the sachet in a bowl of hot water for 1 min to loosen.



While the **steaks** are resting, return the frying pan to medium-high heat (no need to clean).

When hot, add the **cooked kale**, **wholegrain mustard** and **creme fraiche**. Stir to combine, then warm through, 2-3 mins. Season with **salt** and **pepper**.

When rested, slice the **steak** widthways into 1cm thick slices.



Meanwhile, put the **broccoli florets** onto a baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Toss to coat, then spread out in a single layer.

Once hot, roast on the top shelf until the edges are crispy and slightly charred, 12-15 mins.

While the **broccoli** cooks, pour the **water** (see pantry) into a small saucepan, bring to the boil on high heat. Stir in the **red wine jus paste**, then reduce the heat to medium. Allow the **sauce** to bubble and thicken, stirring regularly, 5-6 mins.



Share the **sliced rump steak** between your plates and pour over the **red wine jus**.

Serve with a side of **creamy mustard kale** and **roasted broccoli**.

Enjoy!

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