



Steak Tagliata

with Rosemary Roasted New Potatoes, Broccoli and Peppercorn Sauce



HELLO BROCCOLI

This vegetable is actually a flower head. Each of those tiny little green dots is a bud!



Rump Steak



New Potatoes



Black Peppercorns



Rosemary



Echalion Shallot



Broccoli



Water



Beef Stock Pot



Crème Fraîche

40 mins

2 of your 5 a day

Medium Heat

If we had a penny for every time we'd seen a badly cooked steak we'd probably be millionaires. Or at least rich enough to treat ourselves to dinner at a top steakhouse! Yet follow these three tips and a great result is assured: i) Allow the steak to come to room temperature before you cook it ii) Get your frying pan super hot iii) Rest the steak for a few minutes before you eat it. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Pestle and Mortar** (or **Rolling Pin**), two **Baking Trays**, a **Frying Pan** and a **Measuring Jug**. Now, let's get cooking!



1 PREP THE INGREDIENTS

Take the **steak** out of your fridge so it can come to room temperature and preheat your oven to 220°C. Chop the **new potatoes** into 2cm cubes (no need to peel). Crush the **black peppercorns** in a pestle and mortar. **★ TIP:** *If you don't have a pestle and mortar put them in a freezer bag and give them a little whack with a rolling pin.* Pick the **rosemary leaves** from their stalks and finely chop (discard the **stalks**).



2 ROAST THE POTATOES

Put the **potatoes** on a baking tray and drizzle over a little **olive oil**. Season with **salt** and **black pepper** and sprinkle over the **rosemary**. Toss to coat, then spread out evenly and pop on the top shelf of your oven. Roast, shaking the tray occasionally, until crispy, 30 mins.



3 COOK THE BROCCOLI

Halve, peel and very finely chop the **shallot**. Cut the **broccoli** into florets and place on another baking tray. Drizzle with **olive oil**, season with **salt** and **black pepper** and roast on the middle shelf of your oven until slightly crispy, 15 mins.



4 FRY THE STEAK

Season each side of the **steak** with a pinch of **salt**. Put a drizzle of **oil** in a frying pan on high heat. When almost smoking hot, carefully lay in the **steak** and press it down. **★ TIP:** *Lay the steak away from your body to stop oil spitting at you.* For a medium **steak**, cook for 3 mins on each side. Once cooked, remove from the pan and rest for a few mins.

★ TIP: *If you like your steak well done, cook for two minutes longer on each side.*



5 MAKE THE SAUCE

Add a little more **oil** to the (now empty) pan and turn the heat to medium-low. Add the **shallot**. Cook until softened, 2 mins. Add the **peppercorns**. Cook for 1 minute more. Then add the **water** (amount specified in the ingredient list) and stir in the **beef stock pot**. Boil until the **sauce** has reduced by half. Take your pan off the heat and stir in the **crème fraîche**. **★ TIP:** *For extra decadence add a knob of butter (if you have some).*



6 FINISH AND SERVE

Slice the **steak** diagonally into 1cm strips. Serve drizzled with **peppercorn sauce** alongside the **broccoli** and **roasted new potatoes**. **Tuck in!**

2 PEOPLE INGREDIENTS

Rump Steak	2
New Potatoes, chopped	1 pack
Black Peppercorns, crushed	¾ tsp
Rosemary, chopped	½ bunch
Echalion Shallot, chopped	½
Broccoli, florets	1
Water*	150ml
Beef Stock Pot	½
Crème Fraîche ⁷⁾	1 small pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	542	101
(kJ)	2292	427
Fat (g)	29	5
Sat. Fat (g)	16	3
Carbohydrate (g)	37	7
Sugars (g)	8	1
Protein (g)	37	7
Salt (g)	1.38	0.26

ALLERGENS

⁷⁾Milk

Beef Stock Pot Ingredients: Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.

👍 THUMBS UP OR THUMBS DOWN?

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