



# Steak Tagliata

with Rosemary Roasted 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

Family Box

1 of your 5 a day

Little 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 at home: (i) allow the steak to come to room temperature before you cook it; (ii) get your frying pan super hot before the steak goes in; (iii) rest the steak on a warm plate for a few minutes before you eat it. Now you're ready!



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Take the steak out of your fridge so it can come to room temperature and preheat your oven to **220°C**. Make sure you've got two **Baking Trays**, a **Frying Pan** and **Measuring Jug**. Now, let's get cooking!



### 1 PREP THE INGREDIENTS

Chop the **new potatoes** into small 2cm cubes (no need to peel). Crush the **peppercorns** in a pestle and mortar. **★ TIP:** *If you don't have a pestle and mortar put them in a freezer bag and give 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 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 on a warm plate. **★ 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** and cook for 1 minute more. Then add the **water** (amount specified in ingredient list) and stir in the **beef stock pot**.



### 6 FINISH AND SERVE

Boil until the **sauce** has reduced by half then take your pan off the heat and stir in the **crème fraîche**. **★ TIP:** *For a decadent touch add a knob of butter (if you have some).* Slice the **steak** diagonally into 1cm strips. Serve drizzled with **peppercorn sauce** and the **broccoli** and **roasted potatoes** on the side. **Enjoy!**

## 4 PEOPLE INGREDIENTS

Rump Steak	4
New Potatoes, chopped	2 packs
Black Peppercorns, crushed	1½ tsp
Rosemary, chopped	1 bunch
Echalion Shallot, chopped	1
Broccoli, florets	2
Water*	300ml
Beef Stock Pot	1
Crème Fraîche <sup>7)</sup>	1 large 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

<sup>7)</sup>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?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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