



# Rump Steak and Creamy Mushroom Sauce

with Herby Honey Roasted Veg and Mashed Potatoes

High Protein

Preparation time : 35 min.



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Find the full recipe and preparation details online.  
<https://hfresh.cottey.fr/en-GB/recipes/rump-steak-and-creamy-mushroom-sauce-188>

Detach me! \_\_\_\_\_

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Large Saucepan, Lid, Colander, Aluminum Foil, Potato Masher, Large Frying Pan

Ingredients for 1-6 people

| Ingredient                              | 2p  | 3p  | 4p  |
|-----------------------------------------|-----|-----|-----|
| 21 Day Aged British Rump Steaks (grams) | 250 | 375 | 500 |
| Potatoes (grams)                        | 450 | 700 | 900 |
| Courgette (unit(s))                     | 1   | 2   | 2   |
| Carrot (unit(s))                        | 1   | 2   | 2   |
| Red Onion (unit(s))                     | 1   | 2   | 2   |
| Mixed Herbs (sachet(s))                 | 1   | 1   | 2   |
| Sliced Mushrooms (grams)                | 80  | 120 | 160 |
| Wild Mushroom Paste (grams)             | 15  | 22½ | 30  |
| Creme Fraiche (grams)                   | 75  | 150 | 150 |
| Water for the Sauce (milliliter(s))     | 100 | 150 | 200 |
| Honey (tbsp)                            | 1   | 1½  | 2   |

Add yourself

Salt, pepper, oil and water according to taste.

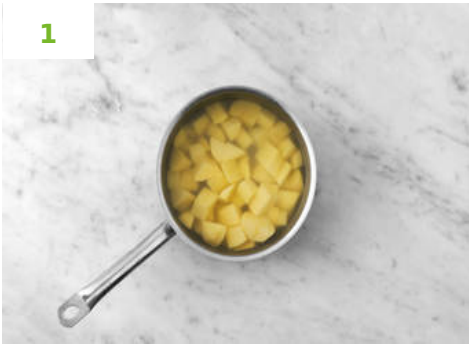
Nutritional values

| Per serving        | Amount   |
|--------------------|----------|
| Energy (kJ)        | 2652 kJ  |
| Energy (kcal)      | 634 kcal |
| Fat                | 26.7 g   |
| of which saturates | 13.2 g   |
| Carbohydrate       | 68.3 g   |
| of which sugars    | 20.8 g   |
| Dietary Fibre      | 10.2 g   |
| Protein            | 37.3 g   |
| Salt               | 1.13 g   |

Allergens

Milk, May contain traces of allergens, Celery

Always check the product labels for allergen information.



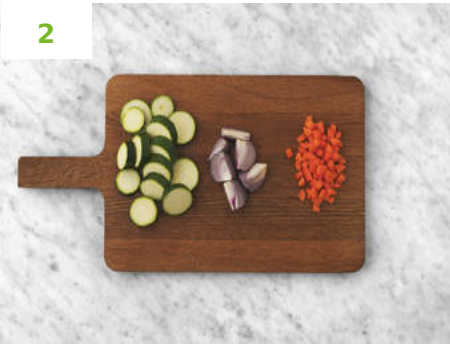
Get Started

Remove the **steaks** from your fridge to allow them to come up to room temperature. Preheat your oven to 240°C/220°C fan/gas mark 9. Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**. Chop the **potatoes** into 2cm chunks (peel first if you prefer). When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



Sauce Time

Give the frying pan a quick clean, then return to medium-high heat with a drizzle of **oil**. Once hot, add the **mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins. Stir the **wild mushroom paste** and **water for the sauce** (see pantry for amount) into the pan. **TIP:** *If your wild mushroom paste has hardened, put the sachet in a bowl of hot water for 1 min to loosen.* Bring to the boil, then reduce the heat and simmer until thickened, 5-6 mins. Once the **sauce** has thickened, stir in the **creme fraiche** and allow to heat through, 1-2 mins. **TIP:** *Add a splash more water if the sauce needs loosening up.*



Roast the Veg

Meanwhile, trim the **courgette** and slice into 1cm thick rounds. Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Halve and peel the **red onion**, then cut each half into roughly 3cm wedges. Add the **veg** to a baking tray and drizzle with **oil**. Season with **salt** and **pepper** and sprinkle over the **mixed herbs**. Toss to coat, then spread out in a single layer. Roast on the top shelf of your oven until softened and browned, 18-20 mins. Turn halfway through.



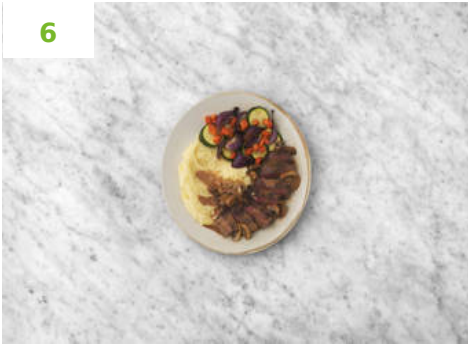
Mash!

Meanwhile, once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm. Once the **veg** are roasted, drizzle over some **honey** (see pantry for amount) and toss together. Once rested, slice the **steak** widthways into 1cm thick slices.



Get Frying

Heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**. Once very hot, lay the **steaks** into the pan and fry until browned and **medium-rare**, about 6-8 mins. Turn halfway through. **TIP:** *Cook each side for 1 min more if you like it more well done.* Once cooked, transfer to a board, cover with foil and allow to rest. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. The steak is safe to eat when browned on the outside.*



Serve

Share the **rump steaks** between your serving plates. Serve the **mash** and **honey roasted veg** alongside. Finish by spooning the **creamy mushroom sauce** over the **steaks**.

Enjoy your meal!