

## Hereford Prime Rump Steak with Bashed Spuds & Sprouts & Mustard Butter

**Prep** : 15 Min

**Cook** : 20 min

**Serves** : 4

### **Mustard Butter**

80g butter  
2 tsp chives, finely chopped  
2 tsp mustard  
1 clove garlic, crushed  
zest ½ lemon

### **Bashed Spuds & Sprouts**

Knob of butter  
1 onion, thinly sliced  
1 clove garlic, crushed  
6 brussel sprouts, washed & thinly sliced  
6 cooked new or small potatoes, sliced  
zest of ½ lemon  
handful parsley, finely chopped

4 x 150g Hereford Prime rump steaks

Combine the butter, chives, mustard, garlic and zest, scrape onto some greaseproof paper, roll into a log and pop in to the fridge to chill, until ready to use.

To get the best out of your steaks, ensure you cook them at room temperature. Rub with oil and season both sides with salt and freshly ground black pepper.

Heat a BBQ or frying pan until almost smoking and pop in your steaks, you want to hear that delicious sizzle, to seal in the juices. Cook your steaks for 3 to 4 minutes each side for medium or until cooked to your liking. Just before you remove from the heat, cut your butter and place a couple of slices on your steak. Cook for a further minute.

Transfer to a plate, cover with foil, rest and keep warm for 5 minutes.

In a large frying pan, pop the knob of butter and a good slog of oil. When the butter is bubbling, add the onion and garlic. Gently sauté until soft and fragrant.

Increase the heat, add the potatoes and cook for 2 minutes, as they cook, press on them gently with the back of the spoon, so they break down and you get lovely crispy bits, then sprinkle in the sliced sprouts. Cook until the sprouts start to get crispy. Season with salt and pepper, add the lemon zest and parsley and remove from the heat.

To Serve : Place a large spoonful of you bashed spuds & sprouts on the plate, top with a juicy Hereford Prime steak. If you like, top with another slice of mustard butter.