



# Seared Beef Rump & Peanut-Soy Sauce

with Roast Veggies Chunks & Crisp Pear Slaw

KID FRIENDLY



Grab your Meal Kit with this symbol



Potato



Carrot



Pear



Garlic



Soy Sauce Mix



Beef Rump



Crushed Peanuts



Shredded Cabbage Mix



Mayonnaise



Beef Rump

Prep in: 25-35 mins  
Ready in: 30-40 mins



Carb Smart\*

\*Custom Recipe is not Carb Smart

Get a little crazy with beef steak and veggies by adding a nutty soy sauce over the beef. The pop of garlic will get your taste buds excited for the next bite. If you need a moment of peace, the fresh pear slaw is sure to balance the dish out. You'll never want your steak and veggies any other way!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
carrot	1	2
pear	1	2
garlic	2 cloves	4 cloves
soy sauce mix	1 medium packet	1 large packet
<b>honey*</b>	1 tbs	2 tbs
<b>water*</b>	2 tbs	¼ cup
beef rump	1 medium packet	2 medium packets OR 1 large packet
crushed peanuts	½ medium packet	1 medium packet
shredded cabbage mix	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
beef rump**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2168kJ (518Cal)	448kJ (107Cal)
Protein (g)	38.6g	8g
Fat, total (g)	22g	4.6g
- saturated (g)	6.4g	1.3g
Carbohydrate (g)	39g	8.1g
- sugars (g)	25.4g	5.3g
Sodium (mg)	1168mg	242mg
Dietary Fibre (g)	6.7g	1.4g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2982kJ (713Cal)	471kJ (113Cal)
Protein (g)	70.5g	11.1g
Fat, total (g)	29.5g	4.7g
- saturated (g)	10.4g	1.6g
Carbohydrate (g)	39g	6.2g
- sugars (g)	25.4g	4g
Sodium (mg)	1242mg	196mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.

4



## Make the sauce

- While the steak is resting, return frying pan to medium heat with a drizzle of **olive oil**. Cook **garlic** and **crushed peanuts** (see ingredients) until fragrant, **1 minute**.
- Remove pan from heat and add **honey-soy mixture** and **steak resting juices**, stirring to combine.

### Top Steak Tips!

- Use paper towel to pat steak dry before seasoning.
- Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
- For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.

2



## Get prepped

- While the potato is roasting, slice **pear** into thin sticks. Finely chop **garlic**.
- In a small bowl, combine **soy sauce mix**, the **honey** and **water**. Set aside.
- See Top Steak Tips! (below)**. Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season with **salt** and **pepper**.

**TIP:** Pounding the beef ensures that it's extra tender once cooked.

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## Toss the slaw

- In a medium bowl, combine **shredded cabbage mix**, **pear** and a drizzle of **vinegar** and **olive oil**. Season to taste.

**Little cooks:** Kids can help combine the ingredients for the slaw.

3



## Cook the steak

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking.
- Transfer to a plate to rest.

**Custom Recipe:** If you've doubled your beef rump, cook in batches for best results.

6



## Serve up

- Slice the steak.
- Divide roast veggie chunks, pear slaw and steak between plates. Spoon peanut-soy sauce over the steak.
- Serve with **mayonnaise**. Enjoy!

**Little cooks:** Add the finishing touch by spooning over the sauce. Careful, it might be hot!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)