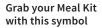


# Seared Beef Rump & Peanut-Soy Sauce

with Roast Veggies Chunks & Crisp Pear Slaw

KID FRIENDLY



















Soy Sauce







Crushed Peanuts

Shredded Cabbage



Mayonnaise



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!

**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

9			
	2 People	4 People	
olive oil*	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	
honey*	1 tbs	2 tbs	
water*	2 tbs	1/4 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	
vinegar* (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)	<b>471kJ</b> (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 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







# 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.



# 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.



### 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.



## 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.



### 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.* 



### 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!

#### **Top Steak Tips!**

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

#### Rate your recipe

Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate