



Everything
But The Chef

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Seared Miso Steak with Radish & Soba Noodles

The Japanese cuisine always strikes a balance between beautiful flavours and the kind of healthy eating that shouldn't be a chore. Say konnichiwa to crisp radish, the succulent miso steak and crunchy sesame seeds. We're mixing it up with some buckwheat noodles, because why should rice get all the fun?



Prep: 20 mins

Cook: 10 mins

Total: 30 mins



level 2



low-carb



4 pantry items



Red Miso Paste



Rump Steaks



Soba Noodles



Carrot



Spring Onions



Radish



Ginger



Lemon



Coriander



Sesame Seeds

2P	4P	Ingredients
1 tbs	2 tbs	HelloFresh Red Miso Paste
1 fillet	2 fillets	rump steak
1 portion	2 portions	soba noodles
1 tbs	2 tbs	vegetable oil *
1 knob	2 knobs	ginger, peeled & finely grated
3 tsp	6 tsp	soy sauce *
1 tsp	2 tsp	sesame oil *
½	1	lemon, juiced
½ tsp	1 tsp	brown sugar *
1	2	carrot, peeled & cut into matchsticks A ⊕
1 bunch	2 bunches	spring onion, cut into matchsticks ⊕
2	4	radish, cut into thin rounds
1 bunch	2 bunches	coriander, leaves picked ⊕
Garnish		sesame seeds

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2230	Kj
Protein	40.9	g
Fat, total	21.8	g
-saturated	4.7	g
Carbohydrate	40.5	g
-sugars	8.1	g
Sodium	1060	mg

Measuretool

0 cm	1 cm	2 cm



1 Rub the **HelloFresh Red Miso Paste** into the **rump steak** and set aside to marinate for **15 minutes**. This would be a good time to prepare your vegetables.



2 Bring a large pot of salted water to the boil. Add the **soba noodles** and cook according to the packet directions. Drain.

3 Meanwhile, heat half of the **vegetable oil** in a frying pan over a medium-high heat. Add the miso steak and cook for **3 minutes** on each side. Transfer steak to a plate and cover with foil to rest for **5 minutes**. Cut the steak into 1 cm thick slices.

4 Combine the remaining vegetable oil, **ginger**, **soy sauce**, **sesame oil**, **lemon juice**, and **brown sugar**. Toss the dressing through the noodles with the beef strips, **carrot**, **spring onion**, **radish**, and **coriander**.



5 Divide the noodle salad between bowls. Garnish with the **sesame seeds**.



Did you know? “Soba” is the Japanese word for buckwheat.