



Honey-Sesame Beef Rump & Pea Pod Slaw

with Rapid Butter Rice & Sesame Dressing

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Beef Rump



Mixed Sesame Seeds



Pea Pods



Shredded Cabbage Mix



Sesame Dressing



Chicken Breast

Prep in: 15-25 mins
Ready in: 25-35 mins

Eat Me Early*
*Custom Recipe only

This bountiful bowl is worth all of the time, packed with butter basmati rice and honey-sesame beef rump. To lighten things up a little, we've added in a gorgeous pea pod slaw, which works a treat when drizzled with our creamy sesame dressing!

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

Pantry items

Olive Oil, Butter, Honey, Vinegar (White Wine or Rice Wine), Soy Sauce

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	2 medium packets
butter*	20g	40g
beef rump	1 small packet	1 large packet
mixed sesame seeds	1 medium packet	1 large packet
honey*	½ tbs	1 tbs
pea pods	1 small bag	1 medium bag
shredded cabbage mix	1 medium bag	1 large bag
vinegar* (white wine or rice wine)	drizzle	drizzle
sesame dressing	1 medium packet	1 large packet
soy sauce*	drizzle	drizzle
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2742kJ (655Cal)	703kJ (168Cal)
Protein (g)	40.3g	10.3g
Fat, total (g)	23.1g	5.9g
- saturated (g)	8.3g	2.1g
Carbohydrate (g)	69.5g	17.8g
- sugars (g)	9.6g	2.5g
Sodium (mg)	446mg	114mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2803kJ (670Cal)	692kJ (165Cal)
Protein (g)	44.5g	11g
Fat, total (g)	22.7g	5.6g
- saturated (g)	8g	2g
Carbohydrate (g)	69.5g	17.2g
- sugars (g)	9.6g	2.4g
Sodium (mg)	451mg	111mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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.

We're here to help!

Scan here if you have any questions or concerns



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1



Make the rapid rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water. Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain and return to saucepan.
- Stir the **butter** through **rice**.

3



Make slaw

- While beef is cooking, thinly slice **pea pods** lengthways.
- In a large bowl combine **pea pods**, **shredded cabbage mix**, the **vinegar** and a drizzle of **olive oil**. Toss to combine. Season to taste.

2



Cook steak

- While rice is cooking, drizzle **olive oil** over **beef rump** to coat.
- Spread **mixed sesame seeds** on a plate. Press each side of the **beef** firmly into **sesame seeds** to coat. Season with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking.
- Remove pan from heat. Add the **honey**, turning to coat. Transfer to a plate.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Coat chicken in sesame seeds as above. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side. Add honey and turn to coat.

4



Serve up

- In a small bowl, combine **sesame dressing** and the **soy sauce**.
- Slice beef.
- Divide rapid butter rice, honey sesame steak and Asian-style slaw between bowls. Drizzle over sesame dressing. Enjoy!

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