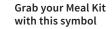


# Beef Rump, Capsicum & Baby Broccoli Stir-Fry

with Chilli Garlic Butter

BEST SELLER













Baby Broccoli





Chilli Flakes (Optional)



**Ginger Paste** 



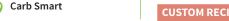
Coriander





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

Boasting the perfect balance of flavours, the chilli and butter is all you need to take a juicy steak to the next level. Serve with a honey-soy veggie stir-fry for an Asian-inspired take on meat and three veg!



## 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

Large frying pan

## Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
capsicum	1	2		
carrot	1	2		
baby broccoli	1 bunch	2 bunches		
garlic	2 cloves	4 cloves		
beef rump	1 small packet	2 small packets OR 1 large packet		
butter*	30g	60g		
chilli flakes ∮ (optional)	pinch	pinch		
ginger paste	1 medium packet	1 large packet		
soy sauce* (or gluten free tamari soy sauce)	1 tbs	2 tbs		
honey*	1 tbs	2 tbs		
coriander	1 bag	1 bag		
beef rump**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1635kJ (391Cal)	349kJ (83Cal)
Protein (g)	36.3g	7.7g
Fat, total (g)	18.9g	4g
- saturated (g)	9.8g	2.1g
Carbohydrate (g)	19g	4.1g
- sugars (g)	17.4g	3.7g
Sodium (mg)	572mg	122mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2310kJ (552Cal)	<b>373kJ</b> (89Cal)
Protein (g)	66.9g	10.8g
Fat, total (g)	23.1g	3.7g
- saturated (g)	11.3g	1.8g
Carbohydrate (g)	19g	3.1g
- sugars (g)	17.4g	2.8g
Sodium (mg)	647mg	105mg

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 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





## Get prepped

- Slice capsicum and carrot into thin sticks.
- · Trim baby broccoli.
- · Finely chop garlic.
- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season.
- Place butter in a small bowl, then microwave in 10 second bursts, until
  melted. Add garlic and chilli flakes (if using), then season with pepper.
  Mash with a fork to combine. Set aside.



## Cook the veggies

- While steak is resting, wipe out frying pan, then return to high heat with a
  drizzle of olive oil.
- Stir-fry the capsicum, carrot and baby broccoli until tender, 4-5 minutes.
- Add ginger paste and cook until fragrant, 1 minute. Add the soy sauce and the honey and cook until bubbling, 30 seconds. Season to taste.



### Cook the steak

- See 'Top Steak Tips!' (below). 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.
- Transfer to a plate to rest.

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



## Serve up

- Slice seared beef rump.
- Divide beef and capsicum and baby broccoli stir-fry between plates.
- Top with **chilli** garlic butter. Tear over **coriander** to serve. Enjoy!

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

- 1. 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.
- 3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.

#### Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate