



Beef Rump, Capsicum & Baby Broccoli Stir-Fry

with Chilli Garlic Butter

BEST SELLER

Grab your Meal Kit with this symbol



Capsicum



Carrot



Baby Broccoli



Garlic



Beef Rump



Chilli Flakes (Optional)



Ginger Paste



Coriander



Beef Rump

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

Carb Smart

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!

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

Pantry items

Olive Oil, Butter, Soy Sauce (or Gluten Free Tamari Soy Sauce), Honey

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

	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

*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)	373kJ (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



1



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.

3



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.

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.

2



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!

4



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!

Rate your recipe

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