

Seared Beef Rump & Chilli Garlic Butter

with Ginger-Soy Capsicum & Baby Broccoli Stir-Fry

EXPLORER

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 sweet, salty and umami flavours, the miso in the 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, 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*	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
Dietary Fibre (g)	7.9g	1.7g

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
Dietary Fibre (g)	7.9g	1.3g

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 the **butter** in a small bowl, then microwave in **10 second** bursts, until softened. 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 **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.



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.

TIP: If your beef rump is more than 3cm thick, cut in half horizontally before pounding for a shorter cook time.

Custom Recipe: If you've doubled your beef rump, cook beef in batches.



Serve up

- Slice the seared beef rump.
- Divide beef and ginger-soy veggies between plates.
- Top with chilli garlic butter. Tear over **coriander** to serve. Enjoy!

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