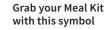


Seared Beef Rump & Chilli Garlic Butter with Ginger-Soy Capsicum & Baby Broccoli Stir-Fry

EXPLORER













Baby Broccoli





Chilli Flakes (Optional)



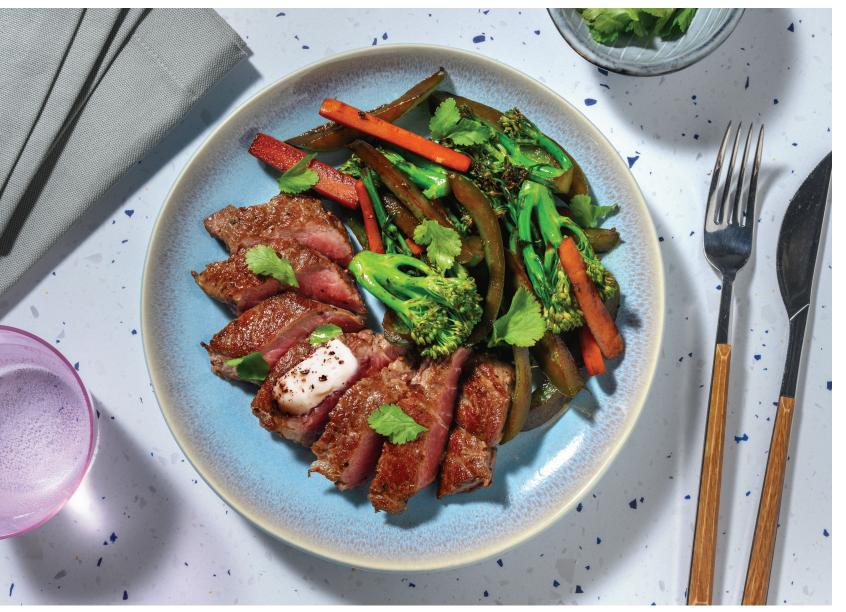




Ginger Paste

Coriander





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

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!



Carb Smart

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

in ign concrito				
	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.



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!

Rate your recipe