



Honey-Sesame Beef Rump & Pea Pod Slaw

with Rapid Butter Rice & Soy-Mayo Dressing

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Beef Rump



Mixed Sesame Seeds



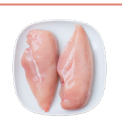
Pea Pods



Shredded Cabbage Mix



Mayonnaise



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

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

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 soy-mayo dressing!

Pantry items

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

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 |
| boiling water* | 1¼ cups | 2½ cups |
| basmati rice | 1 medium packet | 1 large packet |
| butter* | 20g | 40g |
| beef rump | 1 small packet | 2 small packets OR 1 large packet |
| mixed sesame seeds | 1 sachet | 2 sachets |
| salt* | ¼ tsp | ½ tsp |
| honey* | 1 tbs | 2 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 |
| mayonnaise | 1 medium packet | 1 large packet |
| soy sauce* | 1 tsp | 2 tsp |
| chicken breast** | 1 small packet | 2 small packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2762kJ (660Cal) | 704kJ (168Cal) |
| Protein (g) | 40.3g | 10.3g |
| Fat, total (g) | 22.6g | 5.8g |
| - saturated (g) | 8g | 2g |
| Carbohydrate (g) | 71.6g | 18.2g |
| - sugars (g) | 11.6g | 3g |
| Sodium (mg) | 687mg | 175mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2839kJ (679Cal) | 697kJ (167Cal) |
| Protein (g) | 43.6g | 10.7g |
| Fat, total (g) | 23.2g | 5.7g |
| - saturated (g) | 7.9g | 1.9g |
| Carbohydrate (g) | 71.6g | 17.6g |
| - sugars (g) | 11.6g | 2.8g |
| Sodium (mg) | 696mg | 171mg |

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



Make the rapid rice

- Boil the kettle.
- Half-fill a medium saucepan with the **boiling water** (1¼ cups for 2P / 2½ cups for 4P). 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 the rice.

3



Make slaw

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

2



Cook the steak

- Meanwhile, place **beef rump** between two sheets of baking paper. Pound **beef** with a rolling pin until slightly flattened. Drizzle **olive oil** over steak.
- Combine **mixed sesame seeds**, the **salt**, and a generous pinch of **pepper** on a plate. Press each side of the **beef** firmly into **sesame seeds** to coat.
- 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. Prep chicken in the same way as above. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken until cooked through (when no longer pink inside), 3-6 minutes each side. Continue with step.

4



Serve up

- Slice beef.
- Divide rapid butter rice, honey-sesame beef rump and pea pod slaw between bowls. Drizzle over soy-mayo dressing to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate