

**EXPLORER** 

















Baby Broccoli











Ginger Paste

Coriander





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

Boasting the perfect balance of sweet, salty and umami flavours, the chilli garlic 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*	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)	1594kJ (381Cal)	368kJ (88Cal)
Protein (g)	35.9g	8.3g
Fat, total (g)	19g	4.4g
- saturated (g)	9.8g	2.3g
Carbohydrate (g)	16.8g	3.9g
- sugars (g)	15.4g	3.6g
Sodium (mg)	556mg	128mg
Dietary Fibre (g)	6.6g	1.5g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2269kJ (542Cal)	<b>389kJ</b> (93Cal)
Protein (g)	66.5g	11.4g
Fat, total (g)	23.2g	4g
- saturated (g)	11.3g	1.9g
Carbohydrate (g)	16.8g	2.9g
- sugars (g)	15.4g	2.6g
Sodium (mg)	631mg	108mg
Dietary Fibre (g)	6.6g	1.1g

The quantities provided above are averages only.

## **Allergens**

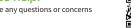
Always read product labels for the most up-to-date allergen information.

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!

2024 | CW04

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 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 for best results.



# 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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate