



Thai-Style Seared Beef Rump & Slaw

with Ginger Lemongrass & Coconut Sauce

Grab your Meal Kit with this symbol



Ginger Lemongrass Paste



Coconut Milk



Beef Rump



Cucumber



Slaw Mix



Baby Spinach Leaves



Crushed Peanuts



Beef Rump

Prep in: **5-15 mins**
Ready in: **20-30 mins**

Carb Smart

This serious slaw number is coming your way and is definitely here to stay. With a ginger lemongrass and coconut sauce drizzled over perfectly cooked beef rump, you'll have maximum crunch and flavour all in the one bowl!

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

Pantry items

Olive Oil, Soy Sauce, Brown Sugar, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
ginger lemongrass paste	1 packet	2 packets
coconut milk	1 packet	2 packets
soy sauce* (for the sauce)	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
beef rump	1 small packet	2 small packets OR 1 large packet
cucumber	1	2
slaw mix	1 small bag	1 large bag
baby spinach leaves	1 medium bag	1 large bag
soy sauce* (for the veg)	½ tbs	1 tbs
vinegar* (white wine or rice wine)	drizzle	drizzle
crushed peanuts	1 medium packet	1 large packet
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)	1833kJ (438Cal)	399kJ (95Cal)
Protein (g)	37.6g	8.2g
Fat, total (g)	27.2g	5.9g
- saturated (g)	16.9g	3.7g
Carbohydrate (g)	11.1g	2.4g
- sugars (g)	7.1g	1.5g
Sodium (mg)	743mg	162mg
Dietary Fibre (g)	5.7g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2508kJ (599Cal)	411kJ (98Cal)
Protein (g)	68.2g	11.2g
Fat, total (g)	31.4g	5.2g
- saturated (g)	18.4g	3g
Carbohydrate (g)	11.1g	1.8g
- sugars (g)	7.1g	1.2g
Sodium (mg)	808mg	133mg
Dietary Fibre	5.7g	0.9g

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 coconut sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium heat.
- Cook **ginger lemongrass paste**, stirring, until fragrant, **1 minute**.
- Stir in **coconut milk**, the **soy sauce (for the sauce)**, **brown sugar** and a splash of **water** and simmer until slightly thickened, **2-3 minutes**.
- Transfer to a bowl and allow to cool slightly.

3



Assemble the slaw

- While beef is cooking, thinly slice **cucumber** into rounds.
- In a large bowl, combine **cucumber**, **slaw mix**, **baby spinach leaves**, the **soy sauce (for the veg)** and a drizzle of **vinegar** and **olive oil**. Season to taste.
- Transfer to serving bowls.

2



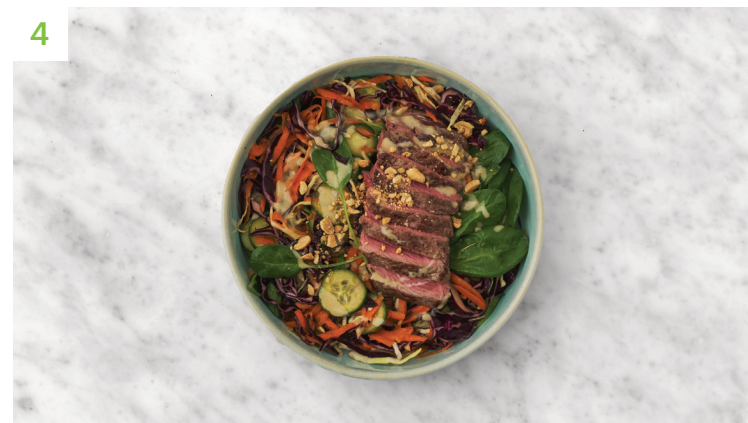
Cook the beef

- Meanwhile, place **beef rump** between two sheets of baking paper.
- Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season all over with **salt** and **pepper**.
- Wash out frying pan and return to high heat with a drizzle of **olive oil**.
- 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, prepare beef as above. Cook beef in batches for best results.

4



Serve up

- Slice beef.
- Top slaw with seared beef. Spoon over coconut sauce.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

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