



Sticky Plum Beef Rump Bao Buns

with Asian BBQ Fries & Cucumber Ribbon Salad

BAO BONANZA

NEW

Grab your Meal Kit with this symbol



Potato



Asian BBQ Seasoning



Cucumber



Carrot



Beef Rump



Plum Sauce



Gua Bao Buns



Mixed Salad Leaves



Garlic Aioli

Prep in: 20-30 mins
Ready in: 35-45 mins

These mouth-watering bao buns are an exciting dinner option, packed full of flavourful, tender beef and colourful vegetable ribbons. Serve with our fragrant fries, decadent garlic aioli and refreshing salad for an unforgettable taste and texture sensation!

Pantry items

Olive Oil, Cracked Black Pepper, Soy Sauce, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

| | 2 People | 4 People |
|--|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| Asian BBQ seasoning | 1 medium sachet | 2 medium sachets |
| cucumber | 1 | 2 |
| carrot | 1 | 2 |
| beef rump | 1 medium packet | 2 medium packets OR 1 large packet |
| cracked black pepper* | 2 tsp | 4 tsp |
| plum sauce | 1 medium packet | 2 medium packets |
| soy sauce* | ½ tbs | 1 tbs |
| gua bao buns | 6 | 12 |
| mixed salad leaves | 1 small packet | 1 medium packet |
| vinegar* (white wine or rice wine) | drizzle | drizzle |
| garlic aioli | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3873kJ (926Cal) | 562kJ (134Cal) |
| Protein (g) | 44.2g | 6.4g |
| Fat, total (g) | 23g | 3.3g |
| - saturated (g) | 3.1g | 0.4g |
| Carbohydrate (g) | 119.3g | 17.3g |
| - sugars (g) | 26.8g | 3.9g |
| Sodium (mg) | 1478mg | 215mg |

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.

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Sprinkle with **Asian BBQ seasoning**, drizzle with **olive oil** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

2



Get prepped

- Using a vegetable peeler, slice **cucumber** and **carrot** into ribbons.
- **See Top Steak Tips (below)!** Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- Season beef with the **cracked black pepper** and a good pinch of **salt**.

TIP: Pounding the beef ensures that it's extra tender once cooked.

3



Cook the steak

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook beef, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking.
- Add **plum sauce** and the **soy sauce**, turning **beef** to coat, **1 minute**. Transfer to a plate to rest.

4



Steam the bao buns

- Meanwhile, place **gua bao buns** on a plate with a small splash of **water** (just a small splash so they stay fluffy!).
- Cover with cling wrap or a microwave-safe bowl. Microwave on high for **1 minute**. Set aside for **1 minute**.

5



Toss the salad

- In a medium bowl, combine **mixed salad leaves**, **cucumber**, **carrot**, a drizzle of **vinegar** and **olive oil**. Season to taste.

6



Serve up

- Thinly slice steak.
- Uncover, then gently halve bao buns and spread with some **garlic aioli**. Fill buns with some cucumber salad and sticky plum beef steak. Drizzle over any remaining pan sauce.
- Bring everything to the table to serve. Serve with Asian BBQ fries, remaining salad and aioli. Enjoy!

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.

We're here to help!

Scan here if you have any questions or concerns



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