



# Thai-Style Seared Beef Rump & Slaw

with Coconut Ginger Lemongrass Sauce

Grab your meal kit  
with this number

18



Ginger Lemongrass Paste



Coconut Milk



Beef Rump



Apple



Slaw Mix



Baby Spinach Leaves



Crushed Peanuts



Beef Rump



Barramundi

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!

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar, Vinegar (White Wine or Rice Wine)



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
<b>olive oil*</b>	refer to method	refer to method
ginger lemongrass paste	1 packet	2 packets
coconut milk	1 medium packet	2 medium packets
<b>soy sauce*</b> (for the sauce)	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
beef rump	1 medium packet	2 medium packets OR 1 large packet
apple	1	2
slaw mix	1 small packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
<b>soy sauce*</b> (for the slaw)	½ tbs	1 tbs
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1960kJ (468Cal)	446kJ (107Cal)
Protein (g)	37.4g	8.5g
Fat, total (g)	28g	6.4g
- saturated (g)	17.7g	4g
Carbohydrate (g)	15.7g	3.6g
- sugars (g)	11.3g	2.6g
Sodium (mg)	745mg	169mg
Dietary Fibre (g)	6.7g	1.5g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 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.

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 **apple** into wedges.
- In a large bowl, combine **apple**, **slaw mix**, **baby spinach leaves**, the **soy sauce (for the slaw)** and a drizzle of **vinegar** and **olive oil**. Season to taste.
- Transfer to serving plates.

2



## Cook the beef

- **See 'Top Steak Tips!' (bottom left)**. Season **beef rump** with **salt** and **pepper**.
- Wash and dry frying pan and return to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef**, turning, for **4-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

**TIP:** If your beef rump is more than 4cm thick, cut in half horizontally before seasoning.

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



2024 | CW28

### CUSTOM OPTIONS



#### DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



#### SWAP TO BARRAMUNDI

Cook until just cooked through, 5-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

