

Thai-Style Seared Beef Rump & Slaw with Coconut Ginger Lemongrass Sauce

Grab your meal kit with this number











Coconut Milk









Baby Spinach Leaves



Crushed Peanuts





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

Carb Smart





sauce drizzled over perfectly cooked beef rump, you'll have maximum crunch and flavour all in the one bowl!

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

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	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 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	
soy sauce* (for the slaw)	½ tbs	1 tbs	
vinegar* (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)	1963kJ (469cal)	220kJ (53cal)
Protein (g)	37.4g	4.2g
Fat, total (g)	28g	3.1g
- saturated (g)	17.7g	2g
Carbohydrate (g)	16.1g	1.8g
- sugars (g)	11.5g	1.3g
Sodium (mg)	730mg	81.8mg
Dietary Fibre (g)	6.6g	0.7g

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.

Top Steak Tips!

- 1. Use paper towel to pat steak dry before seasoning.
- 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.



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.



Cook the beef

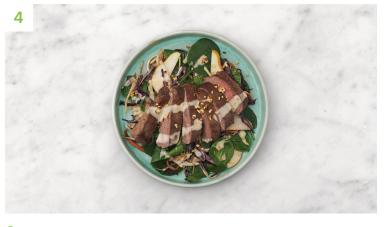
- See 'Top Steak Tips'! (bottom left). Season beef rump with salt and pepper.
- Wash and dry frying pan and return to high heat with a drizzle of olive
 oil. When oil is hot, cook beef, turning, for 4-6 minutes (depending on
 thickness), or until cooked to your liking. Transfer to a plate to rest.

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



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.



Serve up

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



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



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.

