



# Plum-Glazed Beef Rump Bao Buns

with Asian BBQ Fries & Rainbow Ribbon Salad

BAO BONANZA

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

32



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 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

Air fryer or oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
Asian BBQ seasoning	1 sachet	2 sachets
cucumber	1	2
carrot	1	2
beef rump	1 medium packet	2 medium packets OR 1 large packet
<b>cracked black pepper*</b>	2 tsp	4 tsp
plum sauce	1 packet	2 packets
<b>soy sauce*</b>	½ tbs	1 tbs
gua bao buns	6	12
mixed salad leaves	1 small packet	1 medium packet
<b>vinegar*</b> (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)	3870kJ (924Cal)	562kJ (134Cal)
Protein (g)	44.2g	6.4g
Fat, total (g)	22.9g	3.3g
- saturated (g)	3.1g	0.4g
Carbohydrate (g)	119.3g	17.3g
- sugars (g)	26.8g	3.9g
Sodium (mg)	1493mg	217mg
Dietary Fibre (g)	6.9g	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](https://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

2024 | CW36



1



## Cook the fries

- Cut **potato** into fries.
- Set air fryer to **200°C**. In a medium bowl, combine **fries**, **Asian BBQ seasoning** and a drizzle of **olive oil**.
- Place **fries** into the air fryer basket and cook for **10 minutes**.
- Shake the basket, then cook until golden, a further **10-15 minutes**.

**TIP:** No air fryer? Preheat oven to 240°C/220°C fan-forced. Cut potato into fries and season as above. Place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.

4



## Steam the bao buns

- Meanwhile, place **gua bao buns** on a microwave-safe plate and cover with a damp paper towel.
- Microwave on high for **1 minute**. Set aside to rest for **1 minute**.

### 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.

2



## Get prepped

- Meanwhile, using a vegetable peeler, slice **cucumber** and **carrot** into ribbons.
- Season **beef rump** with the **cracked black pepper** and a good pinch of **salt**.

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

5



## Toss the salad

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

3



## 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 **4-6 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.

6



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)