

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



Protein Rich



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
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)	1926kJ (460cal)	216kJ (52cal)
Protein (g)	37.4g	4.2g
Fat, total (g)	28g	3.1g
- saturated (g)	17.7g	2g
Carbohydrate (g)	15g	1.7g
- sugars (g)	10.9g	1.2g
Sodium (mg)	730mg	81.8mg
Dietary Fibre (g)	6.2g	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.
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 with **salt** and **pepper**.
- 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 **5-9 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

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



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.

