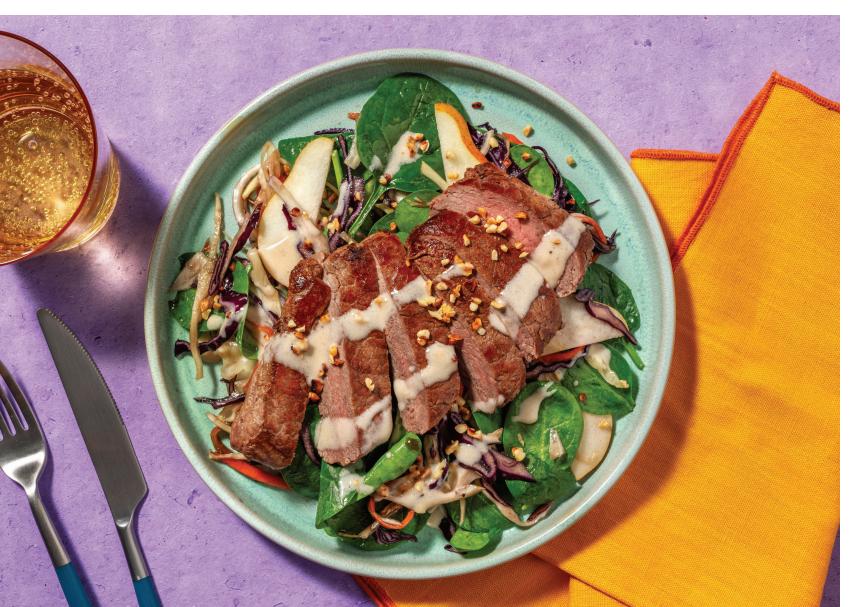


Thai-Style Seared Beef Rump & Slaw with Coconut Ginger Lemongrass Sauce

Grab your meal kit with this number







Ginger Lemongrass







Beef Rump



Baby Spinach Leaves



Crushed Peanuts





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

Carb Smart



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

9			
	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.



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 5-9 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



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.



Serve up

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







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.

