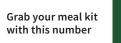


Plum-Glazed Beef Rump Bao Buns with Seasoned Fries & Rainbow Ribbon Salad

BAO BONANZA

AIR FRYER FRIENDLY









Seasoning



Cucumber



Carrot





Plum Sauce

Leaves



Gua Bao





Garlic Aioli



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 \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
sweet soy seasoning	1 sachet	2 sachets
cucumber	1	2
carrot	1	2
beef rump	1 medium packet	2 medium packets OR 1 large packet
cracked black pepper*	1/4 tsp	½ tsp
plum sauce	1 packet	2 packets
soy sauce*	½ tbs	1 tbs
gua bao buns	6	12
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or rice wine)	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
* Pantry Items		

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3823kJ (914cal)	320kJ (77cal)
Protein (g)	44.1g	3.7g
Fat, total (g)	23g	1.9g
- saturated (g)	3.1g	0.3g
Carbohydrate (g)	116.7g	9.8g
- sugars (g)	24g	2g
Sodium (mg)	1536mg	128.8mg
Dietary Fibre (g)	6.9g	0.6g

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.





Cook the fries

- See 'Top Steak Tips!' (below).
- · Cut potato into fries.
- Set your air fryer to 200°C.
- In a medium bowl, combine fries, sweet soy 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 fanforced. 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.



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.



Cook the steak

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook beef for 3-4 minutes each side for medium-rare, 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.



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.



Toss the salad

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



Serve up

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

Top Steak Tips!

- 1. Remove steak from packaging and set aside at room temperature 15 minutes before cooking.
- 2. 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.
- 4. Let steak rest on a plate for 5 minutes before slicing.



Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate

Scan here if you have any questions or concerns

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