



Plum-Glazed Beef Rump Bao Buns

with Seasoned Fries & Rainbow Ribbon Salad

BAO BONANZA

AIR FRYER FRIENDLY

Grab your meal kit with this number

32



Potato



Sweet Soy 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
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*	¼ 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

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](https://www.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

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1



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.

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. Remove steak from packaging and set aside at room temperature 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. 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.

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**.

5



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.

3



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.

6



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

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