



Chargrilled Asian Beef Rump

with Zesty Sweet Chilli Salad & Blackened Corn Cobs

GOOD TO BBQ

NEW

Grab your meal kit with this number

18



Corn



Lemon



Garlic



Carrot



Celery



Beef Rump



Asian BBQ Seasoning



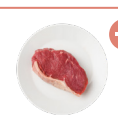
Sweet Chilli Sauce



Mixed Salad Leaves



Crispy Shallots



Beef Rump



Peeled Prawns

Prep in: 20-30 mins
Ready in: 30-40 mins



Protein Rich



Carb Smart

Barbeque season is upon us and we've got the perfect Asian-spiced beef number to perk up your average steak dinner. With some charred corn cobs and a zesty sweet chilli salad, these sides are giving the steak a run for its money! If you don't have a BBQ, follow along with our stovetop method to enjoy this dinner delight.

Pantry items

Olive Oil, Butter

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

BBQ or large frying pan and medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
corn	1 cob	2 cobs
lemon	1	2
garlic	1 clove	2 cloves
carrot	1	2
celery	1 medium packet	1 large packet
beef rump	1 medium packet	2 medium packets OR 1 large packet
Asian BBQ seasoning	1 sachet	2 sachets
butter*	15g	30g
sweet chilli sauce	1 packet	1 packet
mixed salad leaves	1 medium packet	1 large packet
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2002kJ (478cal)	370kJ (68cal)
Protein (g)	38.4g	7.1g
Fat, total (g)	22.3g	4.1g
- saturated (g)	8.9g	1.6g
Carbohydrate (g)	37.3g	6.9g
- sugars (g)	22.8g	4.2g
Sodium (mg)	771mg	142.5mg
Dietary Fibre (g)	11.3g	2.1g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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.



Get prepped

- See '**Top Steak Tips!**' (below left)! Preheat BBQ to high heat.
- Halve **corn cob** and **lemon**.
- Finely chop **garlic**.
- Using a vegetable peeler, peel **carrot** into ribbons.
- Finely chop **celery**.
- To a medium bowl, add **beef rump**, **Asian BBQ seasoning** and a drizzle of **olive oil**. Toss to coat.
- In a small heatproof bowl, combine **garlic** and the **butter**. Microwave in **10 second** bursts, until melted.



Grill the lemon

- While the beef is resting, grill **lemon** on the first BBQ grill plate, cut side down, until charred, **2-3 minutes**.

No BBQ? Heat a large frying pan over high heat and cook lemon, cut side down, until charred, 1-2 minutes.



Grill the beef

- When the BBQ is hot, grill **beef rump**, turning, for **6-10 minutes** for medium-rare or until cooked to your liking.
- Transfer to a plate and leave to rest for **5 minutes**.

No BBQ? Cook beef rump in a large frying pan with a drizzle of olive oil over high heat, for 3-4 minutes for medium-rare or until cooked to your liking.



Toss the salad

- In a large bowl, combine **sweet chilli sauce**, a good squeeze of **lemon juice** and a drizzle of **olive oil**.
- Add **celery**, **carrot**, and **mixed salad leaves**. Toss to coat and season to taste.



Grill the corn

- Meanwhile, add **corn** to a second BBQ grill plate and cook, turning, until charred and cooked through, **10-15 minutes**.
- Brush corn cobs with **garlic butter** and season with **salt** and **pepper**.

No BBQ? In a medium saucepan, bring water to boil. Cook corn in boiling water until tender and bright yellow, 5 minutes. Drain and cover to keep warm.



Serve up

- Thinly slice beef.
- Divide chargrilled Asian beef rump, zesty sweet chilli salad and blackened corn cobs between plates.
- Sprinkle with **crispy shallots**.
- Serve with the remaining charred lemon. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

