

Beef Rump & Chilli Garlic Butter

with Ginger-Soy Veggie Stir-Fry

HELLOHERO

Grab your meal kit with this number

25



Zucchini



Capsicum



Green Beans



Baby Broccoli



Garlic



Chilli Flakes (Optional)



Beef Rump



Ginger Paste




Beef Rump



Salmon

Prep in: 25-35 mins
Ready in: 25-35 mins

 Protein Rich

 Carb Smart

With the perfect balance of sweet, salty flavours and garlicky goodness you can take this juicy steak to the next level. Serve with a ginger-soy veggie stir-fry for an Asian-inspired take on a classic meat and veg meal!

Pantry items

Olive Oil, Butter, Soy Sauce, Honey

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
zucchini	1	2
capsicum	1	2
green beans	1 small packet	1 medium packet
baby broccoli	1 bunch	2 bunches
garlic	2 cloves	4 cloves
butter*	30g	60g
chilli flakes (optional)	pinch	pinch
beef rump	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	2 medium packets OR 1 large packet
soy sauce*	1 tbs	2 tbs
honey*	1 tbs	2 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1650kJ (303cal)	303kJ (56cal)
Protein (g)	38.9g	7.2g
Fat, total (g)	19.3g	3.5g
- saturated (g)	9.8g	1.8g
Carbohydrate (g)	16.2g	3g
- sugars (g)	14.7g	2.7g
Sodium (mg)	516mg	94.9mg
Dietary Fibre (g)	6.8g	1.3g

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.



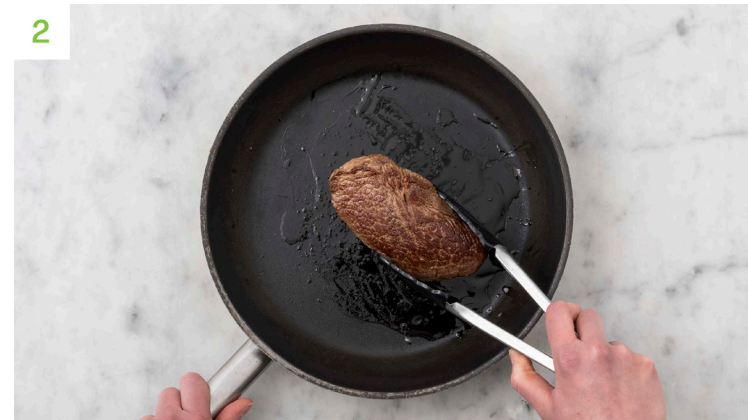
Get prepped

- See 'Top Steak Tips!' (below left)!
- Slice **zucchini** and **capsicum** into thin sticks.
- Trim **green beans** and **baby broccoli**.
- Finely chop **garlic**.
- Place the **butter** in a small bowl, then microwave in **10 second** bursts, until softened. Add **garlic** and **chilli flakes** (if using), then season with **pepper**. Mash with a fork to combine. Set aside.



Cook the veggies

- While steak is resting, wipe out frying pan, then return to high heat with a drizzle of **olive oil**.
- Stir-fry **capsicum, green beans, zucchini** and **baby broccoli** until tender, **4-5 minutes**.
- Add **ginger paste** and cook until fragrant, **1 minute**.
- Add the **soy sauce** and **honey** and cook until bubbling, **30 seconds**. Season to taste.



Cook the steak

- Season **beef rump** with **salt** and **pepper**.
- 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. Transfer to a plate to rest.



Serve up

- Slice beef.
- Divide beef rump and ginger-soy veggie stir-fry between plates.
- Top with chilli garlic butter to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



SWAP TO SALMON

Cook until just cooked through, 2-4 minutes each side.

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

