



Sizzling Spiced Beef & Soy-Butter Potatoes

with Charred Spring Onion & Creamy Sriracha Salad

GOOD TO BBQ

NEW

Grab your meal kit with this number

18



Potato



Cucumber



Garlic



Tamarind Seasoning



Beef Rump



Spring Onion



Soy Sauce Mix



Mixed Salad Leaves



Sriracha



Mayonnaise



Beef Rump



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 35-45 mins

Protein Rich

Carb Smart

When seared to perfection and plated up with soy-butter potatoes and a sriracha salad, this spiced beef number gives you a magical ratio of heat to sweetness to umami flavours. 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 · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
cucumber	1	2
garlic	2 cloves	4 cloves
tamarind seasoning	1 sachet	2 sachets
beef rump	1 medium packet	2 medium packets OR 1 large packet
spring onion	1 stem	2 stems
butter*	20g	40g
soy sauce mix	1 packet	2 packets
mixed salad leaves	1 medium packet	1 large packet
sriracha	1 packet	2 packets
mayonnaise	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2264kJ (541Cal)	428kJ (102Cal)
Protein (g)	38.3g	7.2g
Fat, total (g)	28.1g	5.3g
- saturated (g)	8.5g	1.6g
Carbohydrate (g)	32g	6g
- sugars (g)	11.3g	2.1g
Sodium (mg)	1442mg	273mg
Dietary Fibre (g)	6.2g	1.2g

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.



Cook the potato

- **See 'Top Steak Tips! (below left)**. Preheat BBQ to high heat. Boil the kettle.
- Cut **potato** into large chunks.
- Half-fill a medium saucepan with boiling water and add a generous pinch of **salt**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with fork, **12-15 minutes**. Drain and set aside.



Grill the spring onion

- While beef is resting, add **spring onion** to BBQ and cook until golden, **2-3 minutes** each side.
- Remove from BBQ, then roughly chop.

No BBQ? Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook spring onion turning, until golden, 2-3 minutes.



Get prepped

- Meanwhile, thinly slice **cucumber** into half-moons.
- Finely chop **garlic**.
- In a medium bowl, combine **tamarind seasoning** and a drizzle of **olive oil**. Add **beef rump**, turning to coat.



Bring it all together

- Return saucepan to medium-high heat. Add the **butter** and **garlic** and cook, tossing until fragrant, **1-2 minutes**.
- Remove from heat, then return **potatoes** to pan and stir through **charred spring onion** and **soy sauce mix** until well combined. Season to taste.
- In a second medium bowl, combine **cucumber**, **mixed salad leaves**, **sriracha** and **mayonnaise**. Season to taste.



Grill the beef

- When 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? In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef for 3-4 minutes each side for medium-rare, or y cooked to your liking.



Serve up

- Thinly slice beef.
- Divide sizzling spiced beef, soy-butter potatoes and creamy sriracha salad between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW52



CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



ADD CHICKEN TENDERLOINS

Cook until cooked through, 3-4 minutes each side.

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

