



Honey Sesame Beef Steak Bowl

with Asian-Style Slaw & Rapid Butter Rice

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Basmati Rice



Beef Rump



Mixed Sesame Seeds



Carrot



Pear



Shredded Cabbage Mix



Mayonnaise



Chicken Breast

Prep in: 15-25 mins
Ready in: 25-35 mins

Eat Me Early*
*Custom Recipe only

Inject your night with a burst of flavour by combining sesame seed-topped beef with aromatic basmati rice. Top this baby off with an Asian-style slaw and a dollop of soy mayo for a dish that'll have you salivating long before you plate up.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Honey, Vinegar (White Wine or Rice Wine), Soy Sauce

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
butter*	20g	40g
beef rump	1 small packet	1 large packet
mixed sesame seeds	1 medium packet	1 large packet
honey*	2 tsp	1 tbs
carrot	1	2
pear	1	2
shredded cabbage mix	1 medium bag	1 large bag
vinegar* (white wine or rice wine)	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
soy sauce*	drizzle	drizzle
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3048kJ (728Cal)	635kJ (152Cal)
Protein (g)	39.6g	8.2g
Fat, total (g)	27.1g	5.6g
- saturated (g)	8.5g	1.8g
Carbohydrate (g)	78.1g	16.3g
- sugars (g)	18g	3.8g
Sodium (mg)	409mg	85mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3133kJ (749Cal)	633kJ (151Cal)
Protein (g)	42.2g	8.5g
Fat, total (g)	28.1g	5.7g
- saturated (g)	8.6g	1.7g
Carbohydrate (g)	78.1g	15.8g
- sugars (g)	18g	3.6g
Sodium (mg)	422mg	85mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Make rapid rice & prepare the steak

- Boil the kettle. Half-fill a medium saucepan with the boiling water. Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain and return to saucepan.
- Stir the **butter** through rice.
- See '**Top Steak Tips!**' (below). While rice is cooking, place **beef rump** on a plate and drizzle with **olive oil**.
- Spread **mixed sesame seeds** on another plate. Press each side of the **beef** firmly into **sesame seeds** to coat. Season with **salt** and **pepper**.

3



Make the slaw

- While the beef is cooking, grate **carrot**. Thinly slice **pear**.
- In a bowl, add **carrot**, **pear**, **shredded cabbage mix** and a drizzle of the **vinegar** and **olive oil**. Toss to combine. Season to taste.

Top Steak Tips!

- 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.
- For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.

2



Cook the steak

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking.
- Remove pan from heat. Add the **honey**, turning to coat. Transfer to a plate to rest for 5 minutes.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Season chicken as above. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side.

4



Serve up

- In a small bowl, combine **mayonnaise** with a drizzle of **soy sauce**.
- Slice beef.
- Divide rapid butter rice, honey sesame steak and Asian-style slaw between bowls. Drizzle over soy mayo. Enjoy!

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