



Mexican Beef Rump with Corn Chips & Creamy Avo-Corn Slaw

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3059kJ (731Cal) | Protein 40.9g | Fat, total 42.3g - saturated 9.7g | Carbohydrate 40.3g - sugars 13.3g | Sodium 1205mg
Naturally gluten-free (Not suitable for coeliacs)

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2022 | WK38 | AL



Get ready

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

| | 2P | 4P |
|------------------|--------------|-------------|
| Beef Rump | 1 small pkt | 1 large pkt |
| Slaw Mix | 1 small bag | 1 large bag |
| Light Sour Cream | 1 medium pkt | 1 large pkt |

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.

1. Sizzle



Beef Rump



Tex-Mex Spice Blend

2. Chop



Tomato



Avocado



Baby Spinach Leaves



Lemon



Sweetcorn



Slaw Mix



Mild Chipotle Sauce



Light Sour Cream

3. Toss



Corn Chips



Coriander

- Place **beef** between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened
- In a bowl, combine **spice blend** and a drizzle of **olive oil**. Season, then add **beef**, turning to coat.
- In a frying pan, heat **oil** over high heat. Cook **beef**, turning, for **3-6 mins** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest

- Roughly chop **tomato**, **avocado** and **spinach**. Slice **lemon** into wedges
- Drain **corn**
- In a bowl, combine **corn**, **spinach**, **slaw mix**, **tomato**, **avocado**, 1/2 the **mild chipotle sauce**, 1/2 the **sour cream**, a squeeze of **lemon** and a drizzle of **olive oil**. Toss, then season

- Slice **beef**
- Plate up **steak**, **slaw** and **corn chips** (1/2 packet for 2P / 1 packet for 4P). Top with remaining **chipotle sauce** and **sour cream**
- Tear over **coriander**. Serve with remaining **lemon wedges**

