



Seared Beef Rump & Ginger-Peanut Sauce

with Roast Veggies & Crisp Pear Slaw

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Pear



Garlic



Beef Rump



Ginger Paste



Crushed Peanuts



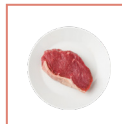
Soy Sauce Mix



Super Slaw



Mayonnaise



Beef Rump

Recipe Update

Unfortunately, this week's cabbage mix was in short supply, so we've replaced it with super slaw. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 25-35 mins
Ready in: 30-40 mins



Carb Smart*

*Custom Recipe is not Carb Smart

Get a little crazy with beef steak and veggies by adding a nutty soy sauce over the beef. The pop of ginger will get your tastebuds excited for the next bite. If you need a moment of peace, the fresh pear slaw is sure to balance the dish out. You'll never want your steak and veggies any other way!

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

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Rice Wine)

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
pear	1	2
garlic	2 cloves	4 cloves
beef rump	1 packet	1 packet (or 2 packets)
ginger paste	1 medium packet	1 large packet
crushed peanuts	½ packet	1 packet
soy sauce mix	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	½ tsp	1 tsp
water*	2 tbs	¼ cup
super slaw	1 medium bag	1 large bag
mayonnaise	1 medium packet	1 large packet
beef rump**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2191kJ (524Cal)	446kJ (107Cal)
Protein (g)	38.8g	7.9g
Fat, total (g)	22.1g	4.5g
- saturated (g)	6.4g	1.3g
Carbohydrate (g)	39.6g	8.1g
- sugars (g)	23.1g	4.7g
Sodium (mg)	1257mg	256mg
Dietary Fibre (g)	7.7g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3005kJ (718Cal)	469kJ (112Cal)
Protein (g)	70.7g	11g
Fat, total (g)	29.6g	3.9g
- saturated (g)	10.4g	1.6g
Carbohydrate (g)	39.6g	6.2g
- sugars (g)	23.1g	3.6g
Sodium (mg)	1331mg	208mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

4



Make the sauce

- While the steak is resting, return frying pan to medium heat with a drizzle of **olive oil**. Cook **garlic, ginger paste** and **crushed peanuts (see ingredients)** until fragrant, **1 minute**.
- Add **soy sauce mix**, the **honey, vinegar** and the **water**, stirring, until slightly thickened, **1 minute**.
- Add **steak resting juices** and stir to combine.

2



Get prepped

- While the potato is roasting, slice **pear** into thin sticks. Finely chop **garlic**.
- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season **beef** with **salt** and **pepper**.

TIP: Pounding the beef ensures that it's extra tender once cooked.

5



Toss the slaw

- In a medium bowl, combine **super slaw, pear** and a drizzle of **vinegar** and **olive oil**. Season to taste.

Little cooks: Help combine the ingredients for the slaw.

3



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 **5-6 minutes** (depending on thickness), or until cooked to your liking.
- Transfer to a plate to rest.

Custom Recipe: If you've doubled your beef rump, cook in batches for best results.

6



Serve up

- Slice the steak.
- Divide roast veggie chunks, pear slaw and steak between plates. Spoon ginger-peanut sauce over steak.
- Serve with **mayonnaise**. Enjoy!

Little cooks: Add the finishing touch by spooning over the sauce. Careful it might be hot!

Rate your recipe

Did we make your tastebuds happy?

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