

Sticky Korean Beef Rump & Corn Slaw

with Fried Egg & Soy Mayo

Grab your meal kit with this number

39



Garlic



Baby Leaves



Sweetcorn



Mayonnaise



Beef Rump



Korean Stir-Fry Sauce



Shredded Cabbage Mix



Beef Rump



Chicken Breast

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

Carb Smart

This beef rump is dressing to impress anyone who sits at your table. A rainbow slaw tossed with the sweet and smokey taste of charred sweetcorn holds up the succulent Korean stir-fry sauced beef, wearing nothing less than a creamy soy mayo drizzle. Don't forget the jewel in the ensemble, the fried egg.

Pantry items

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

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
garlic	2 cloves	4 cloves
baby leaves	1 small packet	1 medium packet
sweetcorn	1 medium tin	1 large tin
mayonnaise	1 medium packet	1 large packet
soy sauce*	drizzle	drizzle
beef rump	1 medium packet	2 medium packets OR 1 large packet
butter*	20g	40g
honey*	1 tsp	2 tsp
Korean stir-fry sauce	½ medium packet	1 medium packet
eggs*	2	4
shredded cabbage mix	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
sesame oil*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2503kJ (598Cal)	612kJ (146Cal)
Protein (g)	42.8g	10.5g
Fat, total (g)	39.1g	9.6g
- saturated (g)	13.5g	3.3g
Carbohydrate (g)	16.1g	3.9g
- sugars (g)	11.7g	2.9g
Sodium (mg)	872mg	213mg
Dietary Fibre (g)	2.3g	0.6g

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.

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 10 minutes before slicing.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



Get prepped

- Finely chop **garlic**. Roughly chop **baby leaves**. Drain **sweetcorn**.
- In a small bowl, combine **mayonnaise** and a drizzle of **soy sauce**. Set aside.



Char the corn

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Cook the beef

- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season with **salt** and **pepper**.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking.
- In the **last minute** of cook time, add the **butter** and **garlic** and cook until fragrant, **1 minute**.
- Remove from heat, then add the **honey** and **Korean stir-fry sauce** (see ingredients) and turn to coat. Transfer to a plate to rest.

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



Fry the eggs

- While the beef is resting, wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**. Crack the **eggs** into the pan. Cook until egg whites are firm and the yolks are cooked to your liking, **4-5 minutes**.



Toss the slaw

- Meanwhile, to the bowl with the **charred corn**, add **shredded cabbage mix**, **baby leaves** and a drizzle of **vinegar**, **sesame oil** and **olive oil**. Season and toss to coat.



Serve up

- Slice beef rump.
- Divide corn slaw and beef between plates. Top with a fried egg.
- Drizzle over soy mayo to serve. Enjoy!

CUSTOM OPTIONS

+ **DOUBLE BEEF RUMP**
Follow method above, cooking in batches if needed.

↻ **SWAP TO CHICKEN BREAST**
Cut chicken horizontally into steaks. Follow method below, cooking for 3-6 mins each side.

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

