













Sweet Chilli Beef Rump & Corn Veggie Toss

with Asian Mayo & Spring Onion

Grab your meal kit with this number

33



-  Potato
-  Carrot
-  Cauliflower
-  Sweetcorn
-  Spring Onion
-  Mayonnaise
-  Beef Rump
-  Ginger Paste
-  Sweet Soy Seasoning
-  Sweet Chilli Sauce
-  Beef Rump
-  Chicken Breast

Recipe Update

We've replaced the crispy shallots in this recipe with spring onion due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins
Ready in: 35-45 mins

Calorie Smart

A rich sauce can give a wealth of flavour to tender beef rump. Take this soy sauce and mayo combination, it's loaded with delicious aromas that elevate this sweet chilli beef to the next level. For a pop of gold in your veggie toss add some charred corn to the mix. We're sure your dinner experience will be newly enriched.

Pantry items

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

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
cauliflower	1 medium portion	1 large portion
sweetcorn	1 medium tin	1 large tin
spring onion	½ stem	1 stem
mayonnaise	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
beef rump	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
sweet soy seasoning	1 medium sachet	2 medium sachets
sweet chilli sauce	1 small packet	1 medium packet
vinegar* (white wine or rice wine)	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2720kJ (650Cal)	436kJ (104Cal)
Protein (g)	39.6g	6.3g
Fat, total (g)	25.8g	4.1g
- saturated (g)	7.8g	1.2g
Carbohydrate (g)	63.8g	10.2g
- sugars (g)	34.6g	5.5g
Sodium (mg)	1290mg	207mg
Dietary Fibre (g)	11.2g	1.8g

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 5 minutes before slicing.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks. Cut **cauliflower** into small florets. Drain **sweetcorn**.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

3



Cook the beef

- When veggies have **10 minutes** remaining, heat a large frying pan over 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.
- Add **ginger paste** and **sweet soy seasoning**, and cook, turning beef until fragrant, **1 minute**.
- Remove from heat, then add **sweet chilli sauce** and a splash of **water**, turning **beef** to coat. Transfer to a plate to rest.

2



Get prepped

- Meanwhile, thinly slice **spring onion**.
- Combine **mayonnaise** and the **soy sauce** in a small bowl. Set aside.
- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Drizzle with **olive oil** and season with **salt** and **pepper**.

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

4



Serve up

- Slice sweet chilli beef.
- When the roast veggies are done, add a drizzle of **vinegar** to the oven tray and gently toss to combine.
- Divide corn veggie toss and sweet chilli beef rump between plates. Drizzle over soy mayo and garnish with spring onion to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut horizontally into steaks. Cook until cooked through, 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.

