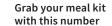


Balanced Beef Rump & Sweet Soy Pumpkin Bowl

with Pickled Carrot, Sriracha Mayo & Crushed Peanuts

GOLD MEDAL MEALS













Beef Rump

Peeled Pumpkin Pieces





Seasoning





Sriracha

Mayonnaise



Crushed Peanuts



Prep in: 20-30 mins Ready in: 30-40 mins



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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
radish	1	2	
carrot	1	2	
beef rump	1 medium packet	2 medium packets OR 1 large packet	
peeled pumpkin pieces	1 medium packet	2 medium packets	
sweet soy seasoning	1 medium sachet	2 medium sachets	
vinegar* (white wine or rice wine)	1/4 cup	½ cup	
mixed salad leaves	1 medium packet	1 large packet	
sesame oil*	1 tsp	2 tsp	
mayonnaise	1 medium packet	1 large packet	
sriracha	1 medium packet	1 large packet	
crushed peanuts	1 medium packet	2 medium packets	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2385kJ (570Cal)	450kJ (108Cal)
Protein (g)	41.6g	7.8g
Fat, total (g)	31.4g	5.9g
- saturated (g)	7.9g	1.5g
Carbohydrate (g)	27.6g	5.2g
- sugars (g)	17g	3.2g
Sodium (mg)	676mg	128mg
Dietary Fibre (g)	5.7g	g

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.



Get prepped

- Preheat oven to 220°C/200°C fan forced.
- Thinly slice radish. Using a vegetable peeler, peel carrot into ribbons.
- See Top Steak Tips (below)! 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.



Roast the pumpkin

- Place peeled pumpkin pieces on a lined oven tray.
- Drizzle with **olive oil** and sprinkle over sweet soy seasoning. Season with salt and toss to coat.
- · Spread out evenly, then roast until tender, 12-15 minutes.



Pickle the carrot

- While pumpkin is roasting, in a medium bowl, combine the **vinegar** and a good pinch of sugar and salt.
- Add carrot to pickling liquid. Add enough water to just cover veggies. Set aside.



Cook the beef

- 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.



Toss the salad

- While beef is resting, in a large bowl, combine mixed salad leaves, radish, the sesame oil and a splash of pickling liquid. Season to taste.
- In a small bowl, combine mayonnaise and sriracha.



Serve up

- Drain pickled carrot.
- · Slice beef.
- Divide sweet soy pumpkin, beef rump, pickled carrot and salad between bowls.
- Sprinkle over **crushed peanuts** and serve with sriracha mayo. Enjoy!

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.





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