



Balanced Beef Rump & Sweet Soy Pumpkin Bowl

with Pickled Carrot, Sriracha Mayo & Crushed Peanuts

GOLD MEDAL MEALS

Grab your meal kit with this number

15



Radish



Carrot



Beef Rump



Peeled Pumpkin Pieces



Sweet Soy Seasoning



Mixed Salad Leaves



Mayonnaise



Sriracha



Crushed Peanuts

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

Carb Smart

This dish is a true feast for champions! Perfectly cooked beef rump is the crowning glory, sitting pretty on a bed of sweet-soy pumpkin, quick-pickled carrots and a zingy salad. This bowl of steak-and-veggie goodness is a winner in our eyes.

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	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)	¼ 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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



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.



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.

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.



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**.



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**.



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.



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!

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