



Unbeatable Beef Rump & Corn Rice Bowl

with Slaw, Pickled Cucumber & Smokey Aioli

GOLD MEDAL MEALS

Grab your meal kit
with this number

15



Garlic



Sweetcorn



Jasmine Rice



Cucumber



Carrot



Beef Rump



All-American
Spice Blend



Shredded Cabbage
Mix



Smokey Aioli



Coriander

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

Calorie Smart

This dish is a true feast for champions! Tender, juicy and perfectly cooked beef rump is the crowning glory, sitting atop fluffy jasmine rice speckled with sweetcorn. A colourful slaw and tangy quick-pickled cucumber cut through the richness of the steak, creating a balanced meal fit for a king.

Pantry items

Olive Oil, White Wine Vinegar, Honey

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

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
sweetcorn	1 medium tin	1 large tin
water*	1½ cups	3 cups
jasmine rice	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
white wine vinegar*	¼ cup	½ cup
carrot	1	2
beef rump	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
shredded cabbage mix	1 medium packet	2 medium packets
smokey aioli	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2329kJ (557Cal)	436kJ (104Cal)
Protein (g)	37.9g	7.1g
Fat, total (g)	24.7g	4.6g
- saturated (g)	5.9g	1.1g
Carbohydrate (g)	43g	8.1g
- sugars (g)	14g	2.6g
Sodium (mg)	963mg	180mg
Dietary Fibre (g)	8.7g	1.6g

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.

We're here to help!

Scan here if you have any questions or concerns

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Cook the rice

- Finely chop **garlic**. Drain **sweetcorn**. In a medium saucepan, heat a drizzle of **olive oil** over medium heat.
- Cook **garlic** and **sweetcorn** until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** to pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



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.
- Remove pan from heat, add the **honey** and turn **beef** to coat. Transfer to a plate to rest.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

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.



Pickle the cucumber

- Meanwhile, thinly slice **cucumber** into half-moons. In a medium bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to pickling liquid. Add enough water to just cover **cucumber**. Set aside.

TIP: Slicing the cucumber very thinly helps it pickle faster!



Toss the slaw

- Meanwhile, in a large bowl, combine **shredded cabbage**, **carrot**, a splash of **pickling liquid** and a drizzle of **olive oil**. Season to taste.



Get prepped

- Grate **carrot**.
- 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**.
- In a medium bowl, combine **All-American spice** blend and a drizzle of **olive oil**. Add **beef** and toss to combine.

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



Serve up

- Drain pickled cucumber.
- Slice beef.
- Divide corn rice between bowls. Top with beef rump, slaw and pickled cucumber.
- Top with a dollop of **smokey aioli** and tear over **coriander** to serve. Enjoy!

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