

Unbeatable Beef Rump & Corn Rice Bowl

with Slaw, Pickled Cucumber & Smokey Aioli

GOLD MEDAL MEALS

Grab your meal kit with this number











Jasmine Rice

Cucumber

Carrot

Beef Rump

All-American Shredded Cabbage Spice Blend





Smokey Aioli

Coriander





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 \cdot Large frying pan

Ingredients

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	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*	1/4 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.



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!



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!



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.



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.

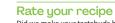


Serve up

- 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!



- 1. Use paper towel to pat steak dry before seasoning.
- 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.





Scan here if you have any questions or concerns