



Tex-Mex Beef Rump & Chipotle Slaw

with Roasted Tomato Salsa & Corn Chips

FAST & FANCY

Grab your meal kit with this number

37



Beef Rump



Tex-Mex Spice Blend



Sweetcorn



Cucumber



Tomato



Baby Leaves



Lemon



Radish



Slaw Mix



Garlic Aioli



Mild Chipotle Sauce



Corn Chips



Roasted Tomato Salsa



Coriander

Prep in: 10-20 mins
Ready in: 15-25 mins

Protein Rich

Let's load up this slaw with as many tasty goodies as we can get our hands on. For crunch, toss in some corn chips topped with a tomato salsa and garlic aioli for dipping. Then get those tender beef rump slices in the mix because they add a special touch of flavour that pulls it all together.

Pantry items

Olive 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef rump	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
sweetcorn	1 medium tin	1 large tin
cucumber	1 (medium)	1 (large)
tomato	1	2
baby leaves	1 small packet	1 medium packet
lemon	½	1
radish	2	4
slaw mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
mild chipotle sauce	1 large packet	2 large packets
corn chips	1 large packet	2 large packets
roasted tomato salsa	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2936kJ (702cal)	248kJ (59cal)
Protein (g)	38.8g	3.3g
Fat, total (g)	39.5g	3.3g
- saturated (g)	6.9g	0.6g
Carbohydrate (g)	51.2g	4.3g
- sugars (g)	14.4g	1.2g
Sodium (mg)	1184mg	99.9mg
Dietary Fibre (g)	9.1g	0.8g

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.

We're here to help!

Scan here if you have any questions or concerns

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1



Cook the beef

- **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 with **salt** and **pepper**.
- In a medium bowl, combine **beef rump**, **Tex-Mex spice blend** and a drizzle of **olive oil**.
- 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.

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

3



Make the slaw

- In a second medium bowl, combine **corn**, **cucumber**, **tomato**, **radish**, **baby leaves**, **slaw mix**, **garlic aioli**, half the **mild chipotle sauce** and a drizzle of **olive oil**. Season to taste.

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.

2



Get prepped

- Meanwhile, drain **sweetcorn**.
- Roughly chop **cucumber**, **tomato** and **baby leaves**.
- Slice **lemon** into wedges. Thinly slice **radish**.

4



Serve up

- Slice the steak.
- Divide chipotle slaw between plates. Top with steak, remaining mild chipotle sauce, **corn chips** and **roasted tomato salsa**.
- Tear over **coriander** to serve. Enjoy!

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