



# Honey-Sesame Beef Steak Bowl

with Asian-Style Slaw & Rapid Peanut Rice

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Crushed Peanuts



Beef Rump



Mixed Sesame Seeds



Carrot



Pear



Shredded Cabbage Mix



Mayonnaise



Chicken Breast

Prep in: 15-25 mins  
Ready in: 25-35 mins

Eat Me Early\*  
\*Custom Recipe only

Inject your night with a burst of flavour by combining sesame seed-topped beef with nutty basmati rice. Top this baby off with an Asian-style slaw and a dollop of soy mayo for a dish that'll have you salivating long before you plate up.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Honey, Vinegar (White Wine or Rice Wine)

## Before you start

Wash your hands and any fresh food

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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 packet	1 packet
<b>water*</b>	1¼ cups	2½ cups
<b>butter*</b>	20g	40g
crushed peanuts	1 packet	2 packets
beef rump	1 packet	1 packet (or 2 packets)
mixed sesame seeds	½ sachet	1 sachet
<b>honey*</b>	½ tbs	1 tbs
carrot	1	2
pear	1	2
shredded cabbage mix	1 bag (150g)	1 bag (300g)
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
<b>soy sauce*</b>	drizzle	drizzle
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3232kJ (772Cal)	695kJ (166Cal)
Protein (g)	41.2g	8.9g
Fat, total (g)	31.2g	6.7g
- saturated (g)	12.9g	2.8g
Carbohydrate (g)	78.2g	16.8g
- sugars (g)	13.3g	2.9g
Sodium (mg)	304mg	65mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3108kJ (743Cal)	654kJ (156Cal)
Protein (g)	41.1g	8.6g
Fat, total (g)	27.7g	5.8g
- saturated (g)	9.3g	2g
Carbohydrate (g)	78.2g	16.5g
- sugars (g)	13.3g	2.8g
Sodium (mg)	330mg	69mg

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](https://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



2023 | CW22

1



## Make the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and cook, uncovered, over high heat until tender, **10 minutes**. Drain and return to saucepan.
- Stir the **butter** and **crushed peanuts** through rice. Cover to keep warm.

**Little cooks:** Kids can help stir the butter and peanuts through the rice. Careful it might be hot!

3



## Make the slaw

- While the beef is cooking, grate **carrot**. Thinly slice **pear**.
- In a medium bowl, add **carrot, pear, shredded cabbage mix** and a drizzle of **vinegar** and **olive oil**. Toss to combine. Season to taste.

2



## Cook the steak

- While the rice is cooking, place **beef rump** on a plate and drizzle with **olive oil**.
- Spread **mixed sesame seeds** (see ingredients) on another plate. Press each side of **beef** firmly into **sesame seeds** to coat. Season with **salt** and **pepper**.
- 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, then add the **honey**, turning **beef** to coat. Transfer to a plate to rest.

**Custom Recipe:** If you swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Coat in mixed sesame seeds as above. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken until cooked through, 3-5 minutes each side. Continue with step.

4



## Serve up

- In a small bowl, combine **mayonnaise** and a drizzle of **soy sauce**.
- Slice beef rump.
- Divide rapid peanut rice, honey-sesame beef steak and Asian-style slaw between bowls. Drizzle over soy mayo to serve. Enjoy!

**Little cooks:** Take the lead and combine the ingredients for the soy mayo.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)