




Korean Chargrilled Steak & Ponzu Green Salad

with Bacon-Lemongrass Rice & Ssamjang BBQ Eggplant

Grab your Meal Kit with this symbol 



Diced Bacon



Ginger & Lemongrass Paste



Jasmine Rice



Baby Broccoli



Eggplant



Ssamjang Paste



Beef Rump



Korean Stir-Fry Sauce



Ponzu Sauce



Roasted Peanuts



Spring Onion



Coriander



Mayonnaise

 Hands-on: 30-40 mins
Ready in: 35-45 mins

Nothing beats a good, chargrilled steak. Paired with a sumptuous ponzu salad, bacon rice and grilled Korean-style eggplant, it's a winning barbeque meal. No barbie? No worries. Just follow our tips for cooking on the stove or in the oven!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

BBQ · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
diced bacon	1 packet	1 packet
ginger & lemongrass paste	1 packet	1 packet
jasmine rice	1 packet	1 packet
water*	1¼ cups	2½ cups
baby broccoli	1 bag	1 bag
eggplant	1	2
ssamjang paste	1 medium packet	1 large packet
beef rump	1 packet	1 packet
Korean stir-fry sauce	½ medium packet	1 medium packet
ponzu sauce	1 packet (30g)	1 packet (60g)
roasted peanuts	1 packet	2 packets
spring onion	1 stem	2 stems
coriander	1 bag	1 bag
mayonnaise	1 packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3946kJ (943Cal)	692kJ (165Cal)
Protein (g)	55g	9.6g
Fat, total (g)	41.6g	7.3g
- saturated (g)	10.7g	1.9g
Carbohydrate (g)	83.7g	14.7g
- sugars (g)	15.1g	2.6g
Sodium (mg)	1794mg	315mg

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.

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2021 | CW50



Start the rice

Preheat the BBQ to a high heat. In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **diced bacon**, breaking it up with a spoon, until golden, **6-7 minutes**. Add the **ginger & lemongrass paste** and cook until fragrant, **1 minute**.



Grill the steak

See Top Steak Tips (left) for extra info!

When the BBQ is hot, using tongs, pick up the **beef** and let any excess marinade drip back into the bowl. Grill the **beef** for **2-3 minutes** on each side for medium-rare or cooked to your liking. Using tongs, sear the fat until golden, **30 seconds**. Transfer to a plate and leave to rest. Meanwhile, grill the **eggplant** until charred and softened, **4-5 minutes** on each side. Transfer to a plate.

No BBQ? Preheat oven to 220°C/200°C fan-forced. Place eggplant on a lined oven tray and roast until softened, 15-20 minutes. Meanwhile, heat a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 5-6 minutes or until cooked to your liking. Transfer to a plate, cover and set aside to rest.



Finish the rice

Add the **jasmine rice** and the **water** to the pan, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



Grill the greens

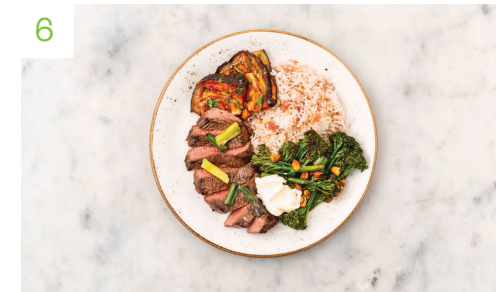
While the beef is resting, grill the **baby broccoli** and **spring onion** until charred and softened, **3-5 minutes**. Transfer the **baby broccoli** to a serving plate and drizzle over the **ponzu sauce**. Sprinkle over the **roasted peanuts**. Roughly chop the **spring onion**.

No BBQ? In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Cook baby broccoli and spring onion until tender, 5-6 minutes.



Get prepped

While the rice is cooking, trim the **baby broccoli**. In a medium bowl, combine the **baby broccoli**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Set aside. Cut the **eggplant**, lengthways into thin slices. In a large bowl, combine the **eggplant**, **ssamjang paste** and a drizzle of **olive oil**. Set aside. Place the **beef rump** between two sheets of baking paper. Using a meat mallet or rolling pin, pound the **beef** until slightly flattened. In a medium bowl, combine the **beef** and **Korean stir-fry sauce** (see ingredients).



Serve up

Slice the Korean chargrilled steak. Top the steak with the spring onion. Bring everything to the table to serve. Help yourself to the steak, ponzu green salad, ssamjang BBQ eggplant and bacon-lemongrass rice. Tear the **coriander** over the eggplant. Serve with the **mayonnaise**.

Enjoy!