



# Seared Beef Rump & Chilli Garlic Butter

with Ginger-Soy Capsicum & Baby Broccoli Stir-Fry

EXPLORER

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Zucchini



Capsicum



Carrot



Baby Broccoli



Garlic



Beef Rump



Chilli Flakes (Optional)



Ginger Paste



Beef Rump

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

Carb Smart

Boasting the perfect balance of sweet, salty and umami flavours, the chilli garlic drizzle is all you need to take a juicy steak to the next level. Serve with a honey-soy veggie stir-fry for an Asian-inspired take on meat and three veg!

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

### Pantry items

Olive Oil, Butter, Soy Sauce, Honey

## 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
zucchini	1	2
capsicum	1	2
carrot	1	2
baby broccoli	1 bunch	2 bunches
garlic	2 cloves	4 cloves
beef rump	1 medium packet	2 medium packets OR 1 large packet
<b>butter*</b>	30g	60g
chilli flakes (optional)	pinch	pinch
ginger paste	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tbs	2 tbs
<b>honey*</b>	1 tbs	2 tbs
beef rump**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1668kJ (399Cal)	307kJ (73Cal)
Protein (g)	38.3g	7g
Fat, total (g)	19.3g	3.6g
- saturated (g)	9.8g	1.8g
Carbohydrate (g)	17.9g	3.3g
- sugars (g)	16.5g	3g
Sodium (mg)	555mg	102mg
Dietary Fibre (g)	6.6g	1.5g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2343kJ (560Cal)	338kJ (81Cal)
Protein (g)	68.9g	9.9g
Fat, total (g)	23.5g	3.4g
- saturated (g)	11.3g	1.6g
Carbohydrate (g)	17.9g	2.6g
- sugars (g)	16.5g	2.4g
Sodium (mg)	630mg	91mg
Dietary Fibre (g)	6.6g	1.1g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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



## Get prepped

- Slice **zucchini**, **capsicum** and **carrot** into thin sticks.
- Trim **baby broccoli**.
- Finely chop **garlic**.
- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season.
- Place the **butter** in a small bowl, then microwave in **10 second** bursts, until softened. Add **garlic** and **chilli flakes** (if using), then season with **pepper**. Stir to combine. Set aside.



## Cook the veggies

- While steak is resting, wipe out frying pan, then return to high heat with a drizzle of **olive oil**.
- Stir-fry **capsicum**, **carrot** and **baby broccoli** until tender, **4-5 minutes**.
- Add **ginger paste** and cook until fragrant, **1 minute**. Add the **soy sauce** and **honey** and cook until bubbling, **30 seconds**. 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.

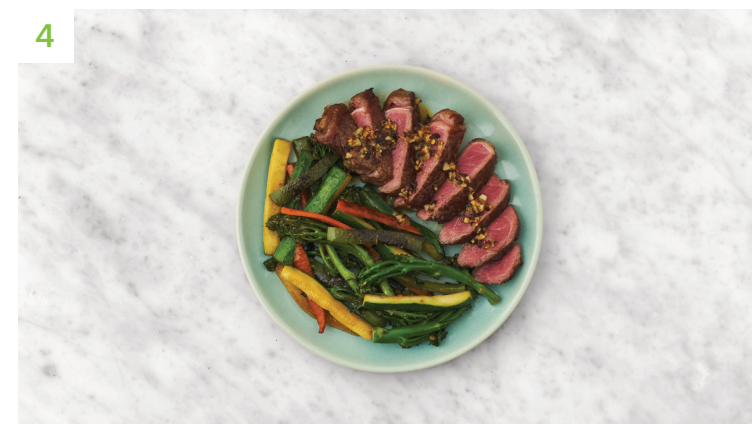


## Cook the steak

- **See 'Top Steak Tips!' (below)!** In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

**TIP:** If your beef rump is more than 3cm thick, cut in half horizontally before pounding for a shorter cook time.

**Custom Recipe:** If you've doubled your beef, cook in batches for best results.



## Serve up

- Slice the seared beef rump.
- Divide beef and ginger-soy veggies between plates.
- Drizzle with **chilli** garlic butter to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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