

Chargrilled Beef Steak & Corn Cob

with Sesame Cucumber Salad & Miso Dipping Sauce

GOOD TO BBQ

Grab your meal kit with this number

18



Corn



Cucumber



Apple



Garlic



Beef Rump



Mixed Salad Leaves



Sesame Dressing



Miso Paste



Chilli Flakes (Optional)



Beef Rump



Salmon

Prep in: 20-30 mins
Ready in: 30-40 mins



Protein Rich



Carb Smart

This seared dish gets taken to new heights with the additions of some superstar sides. A sesame salad pairs perfectly with grilled beef rump and chilli-spiked butter and the miso dipping sauce will have you smiling from ear to ear. If you don't have a BBQ, follow along with our stovetop method to enjoy this dinner delight!

Pantry items

Olive Oil, Honey, Low Sodium Soy Sauce, Softened Butter

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

BBQ or medium saucepan and large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
corn	1 cob	2 cobs
cucumber	1	2
apple	½	1
garlic	1 clove	2 cloves
beef rump	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 medium packet	1 large packet
sesame dressing	1 medium packet	2 medium packets
miso paste	1 packet	2 packets
honey*	1 tbs	2 tbs
low sodium soy sauce*	1 tsp	2 tsp
chilli flakes (optional)	pinch	pinch
softened butter*	20g	40g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2317kJ (554cal)	453kJ (88cal)
Protein (g)	39.2g	7.7g
Fat, total (g)	28g	5.5g
- saturated (g)	9.6g	1.9g
Carbohydrate (g)	36.1g	7.1g
- sugars (g)	23.8g	4.6g
Sodium (mg)	684mg	133.6mg
Dietary Fibre (g)	9g	1.8g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Top Steak Tips!

1. Remove steak from packaging and set aside at room temperature 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. Check if steak is done by pressing on it gently with tongs: rare steak is soft, medium is springy and well-done is firm.
4. Let steak rest on a plate for 5 minutes before slicing.

1



Get prepped

- See **'Top Steak Tips!'** (below left).
- Preheat BBQ to high heat.
- Halve **corn**.
- Thinly slice **cucumber** into rounds.
- Thinly slice **apple** (see ingredients) into sticks.
- Finely chop **garlic**.
- To a medium bowl, add **beef rump** and a drizzle of **olive oil**. Season and toss to coat.

4



Toss the salad

- While beef is resting, to a large bowl, add **cucumber, apple, mixed salad leaves** and **sesame dressing**.
- Toss to combine and season to taste.

2



Grill the corn

- When BBQ is hot, add **corn** to BBQ and cook, turning, until charred and cooked through, **10-15 minutes**.

NO BBQ? Cook corn in boiling water in a medium saucepan, until tender and bright yellow, 5 minutes. Drain and cover to keep warm.

5



Make the dipping sauce

- In a small microwave-safe bowl, combine **miso paste**, the **honey, low sodium soy sauce, garlic** and a pinch of **chilli flakes** (if using).
- Microwave in **10 second** bursts, until fragrant and heated through.

3



Grill the beef rump

- Meanwhile, grill **beef rump**, turning, for **6-10 minutes** for medium-rare or until cooked to your liking. Transfer to a plate and leave to rest for **5 minutes**.

No BBQ? Cook beef rump in a large frying pan with a drizzle of olive oil over medium-high heat, for 3-4 minutes each side for medium-rare, or until cooked to your liking. Transfer to a plate to rest.

6



Finish & serve

- Very thinly slice beef.
- In a small bowl, combine the **softened butter** and a pinch of **chilli flakes** (if using). Season to taste.
- Divide chargrilled beef steak, corn cob and sesame cucumber salad between plates. Top beef with **chilli butter**.
- Serve with miso dipping sauce. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



SWAP TO SALMON

Cook over high heat with a drizzle of olive oil, skin-side down first, until just cooked through, 2-4 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

