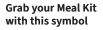
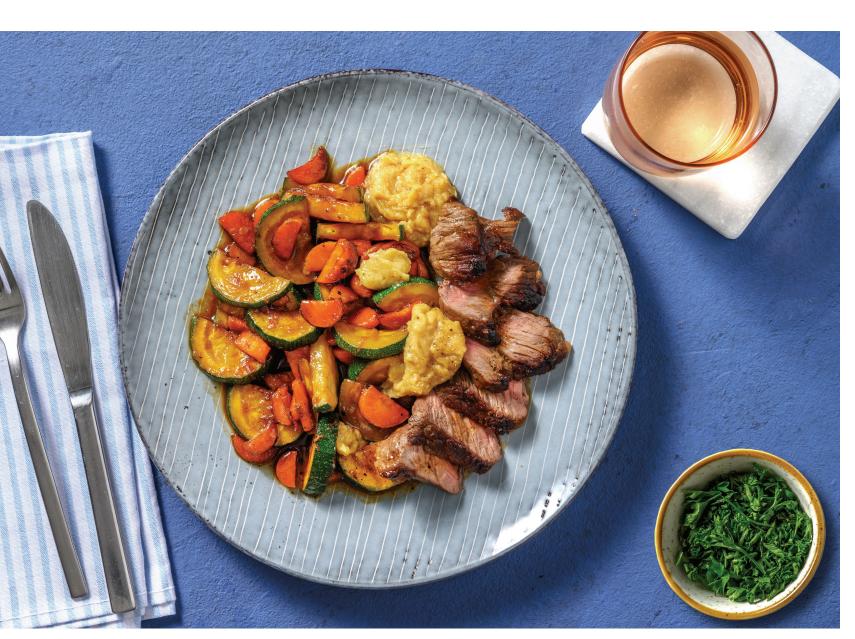


Quick Beef Rump & Miso Butter with Honey-Soy Veggies













Zucchini





Miso Paste

Coriander

Pantry items

Olive Oil, Butter, Soy Sauce (or Gluten- Free Tamari Soy Sauce), Honey

Hands-on: 25-35 mins Ready in: 25-35 mins **Naturally Gluten-Free**

Not suitable for coeliacs



Boasting the perfect balance of sweet, salty and umami flavours, the miso in the butter 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!

Recent harsh weather conditions have impacted some of the veggies grown by our farmers. We've replaced capsicum with green beans, and the zucchini may be a little smaller than usual. The quality and freshness is still the same, and the recipe will be just as delicious!

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

Large frying pan

Ingredients

_		
	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 small bag	1 medium bag
carrot	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
beef rump	1 small packet	1 large packet
butter*	30g	60g
miso paste	½ packet	1 packet
soy sauce* (or gluten free tamari soy sauce)	1 tbs	2 tbs
honey*	1 tbs	2 tbs
coriander	1 bag	1 bag

Nutrition

*Pantry Items

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1653kJ (395Cal)	344kJ (82Cal)
Protein (g)	35.2g	7.3g
Fat, total (g)	17.8g	3.7g
- saturated (g)	9.8g	2g
Carbohydrate (g)	20.2g	4.2g
- sugars (g)	18.5g	4.2g
Sodium (mg)	873mg	182mg
Dietary Fibre (g)	6.3g	1.3g

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.



Get prepped

- Trim the **green beans**. Thinly slice **carrot** and **zucchini** into half-moons. Finely chop **garlic**.
- Slice **beef rump** in half to get one steak per person.
- Place butter in a small bowl, then microwave in 10 second bursts, until
 melted. Add miso paste (see ingredients), then season with pepper. Mash
 with a fork to combine. Set aside.



Cook the veggies

- While steak is resting, wipe out frying pan, then return to a high heat with a
 drizzle of olive oil.
- Stir-fry the green beans, carrot and zucchini until tender, 4-5 minutes.
- Add garlic and cook, until fragrant, 1 minute. Add the soy sauce and honey and cook, until bubbling, 30 seconds. Season to taste.



Cook the steak

- See 'Top Steak Tips!' (bottom left). Place beef rump between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened. Season with salt and pepper.
- In a large frying pan, heat a drizzle of olive oil over a high heat. When oil is
 hot, cook the 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 it's extra tender once cooked.



Serve up

- · Slice the beef rump.
- · Divide beef and honey-soy veggies between plates.
- Top beef with miso butter. Sprinkle with torn **coriander** to serve.

Enjoy!

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.