



Quick Beef Rump & Miso Butter

with Honey-Soy Veggies

Grab your Meal Kit with this symbol



Green Beans



Carrot



Zucchini



Garlic



Beef Rump



Miso Paste



Coriander



Hands-on: **25-35 mins**
Ready in: **25-35 mins**



Carb Smart



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!

Pantry items

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

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 tamar soy sauce)	1 tbs	2 tbs
honey*	1 tbs	2 tbs
coriander	1 bag	1 bag

*Pantry Items

Nutrition

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.