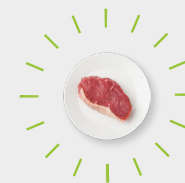




SOY & SICHUAN STEAK

with Garlic Rice & Veggies



Add Asian flavours to
beef rump steak



Beef Rump



Garlic



Basmati Rice



Broccoli



Red Capsicum



Carrot



Sichuan Garlic
Paste



Crispy Shallots



Hands-on: 30mins
Ready in: 30 mins

That's right, we're taking steak and three veg into new territory. First, we're flavouring the steak with soy sauce and Sichuan garlic paste, then we're pan-frying all three veggies and adding a bed of garlic rice. Simple and sensational!

Pantry Staples: Olive Oil, Butter, Soy Sauce,
Rice Wine Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid** • **large frying pan**



1 ADD FLAVOUR TO THE STEAK

Add the **beef rump**, **soy sauce** and **rice wine vinegar** to a medium bowl. Toss to coat and set aside.



2 COOK THE RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** over a medium heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water**, **basmati rice** and the **salt**, stir and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.



3 GET PREPPED

Cut the **broccoli** into small florets and roughly chop the stalk. Cut the **red capsicum** into 1cm strips. Thinly slice the **carrot** (unpeeled) into half-moons.



4 COOK THE STEAK

Heat a **drizzle** of **olive oil** in a large frying pan over a high heat. When the oil is hot, remove the **steak** from the marinade (reserve the marinade for later), pat dry with paper towel and add to the pan. Cook for **2-3 minutes** each side (depending on thickness). **TIP:** *This will give you a medium steak but cook for a little less if you like it rare, or a little longer for well done.* Transfer the **steak** to a plate, cover with foil and set aside to rest for **5 minutes**.



5 COOK THE VEGGIES

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **broccoli**, **capsicum**, **carrot** and then a **dash** of **water** and cook, tossing often, until tender, **6-7 minutes**. Transfer to a large bowl and cover to keep warm. Thinly slice the **steak**. Return the pan to a medium-high heat. Add the **reserved marinade** and **steak resting juices** and bring to the boil. Once boiling, remove from the heat and stir through the **Sichuan garlic paste**. Add the sliced **steak** and toss to coat. **TIP:** *Leave some steak plain for the kids if you like!*



6 SERVE UP

Divide the garlic rice, soy and Sichuan steak and veggies between plates. Sprinkle with the **crispy shallots**.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
beef rump	1 packet
soy sauce*	2 tbs
rice wine vinegar*	1 tbs
garlic	2 cloves
butter*	40g
water*	3 cups
basmati rice	2 packets
salt*	½ tsp
broccoli	1 head
red capsicum	1
carrot	2
Sichuan garlic paste	1 tub (80g)
crispy shallots	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2840kJ (678Cal)	658kJ (157Cal)
Protein (g)	38.2g	8.9g
Fat, total (g)	21.7g	5.0g
- saturated (g)	10.1g	2.4g
Carbohydrate (g)	77.6g	18.0g
- sugars (g)	12.1g	2.8g
Sodium (g)	1490mg	346mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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