

# DINNERLY



## Glazed Chinese Barbecue Beef Rump Steak

with Pak Choy and Steamed Rice



25 minutes



2 Servings

Looking for dinner on the table quick smart? These fast recipes are ready in 25 minutes or less and all come with yumness guaranteed.



## WHAT WE SEND

- 150g jasmine rice
- 1 bunch pak choy
- 40g kecap manis <sup>1,3,4,5</sup>
- 5g Chinese barbecue seasoning <sup>1,3,4,5</sup>
- 2 beef rump steaks
- 5g toasted sesame seeds <sup>2</sup>

## WHAT YOU NEED

- 1 tbs soy sauce <sup>3</sup>
- 2 tsp white vinegar
- 2 tsp honey
- 2 tsp vegetable oil

## TOOLS

- small saucepan with lid
- large frypan

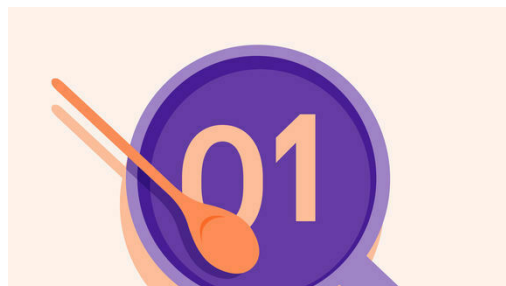
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Sesame (2), Soy (3), Sulphites (4), Wheat (5). May contain traces of other allergens.

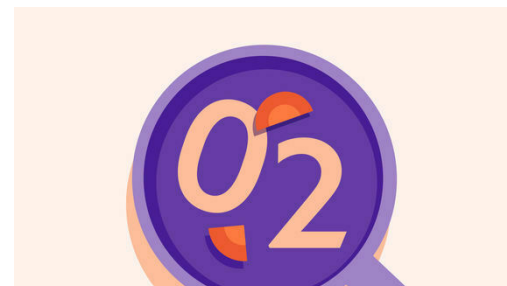
## NUTRITION PER SERVING

Energy 645kcal, Fat 13.8g, Carbs 88.2g, Protein 38.4g



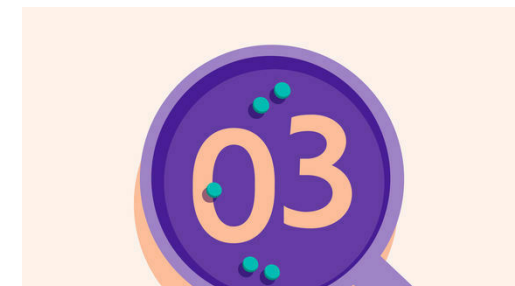
### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins. Fluff the rice with a fork.



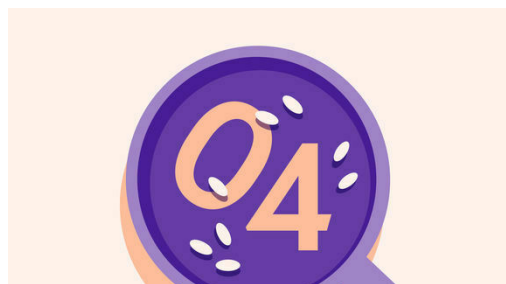
### 2. Make glaze

Meanwhile, quarter the **pak choy** lengthwise. Put the **kecap manis**, **1 tbs soy sauce**, **2 tsp white vinegar** and **2 tsp honey** in a bowl. Season with **pepper** and stir to combine.



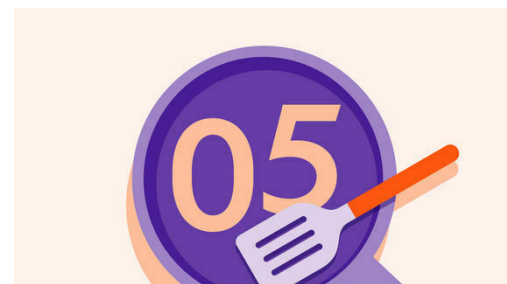
### 3. Pan-fry steaks

Combine the **Chinese barbecue seasoning** and **2 tsp vegetable oil** in a large bowl and season with **salt and pepper**. Add the **steaks** and turn to coat. Heat a large frypan over high heat until hot (see Kitchen 101). Reduce the heat to medium-high and cook the steaks, turning regularly, for 4-6 mins for medium-rare, or until cooked to your liking. Remove from the pan and rest for 3 mins.



### 4. Stir-fry pak choy

Return the pan to medium-high heat. Add the **pak choy** and **1 tbs water** and stir-fry for 2 mins or until tender but still with crunch. Remove from the pan. Add the **glaze mixture** to the pan and cook for 30 secs or until sticky. Remove the pan from the heat.



### 5. Serve up

Divide the **rice**, **steaks** and **pak choy** among bowls. Drizzle with the **glaze**, scatter over the **sesame seeds** and enjoy!



### 6. Kitchen 101

It's important to have the pan very hot before adding the beef, otherwise it may stew slightly and become tough.