



QCOOK

Asian Beef Rump Strips & Slaw

with peanuts & fresh chilli

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Strandveld | Grenache

Nutritional Info

	Per 100g	Per Portion
Energy	604kj	3113kj
Energy	145kcal	744kcal
Protein	8.2g	42.4g
Carbs	6g	33g
of which sugars	2.4g	12.5g
Fibre	1.8g	9.4g
Fat	4.7g	24.1g
of which saturated	1g	5.4g
Sodium	149mg	767mg

Allergens: Egg, Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
5ml	10ml	Mixed Sesame Seeds
50g	100g	Corn
150g	300g	Beef Rump Strips
5ml	10ml	NOMU One For All Rub
50ml	100ml	Asian Dressing <i>(20ml [40ml] Kewpie Mayo, 15ml [30ml] Low Sodium Soy Sauce, 5ml [10ml] Sesame Oil & 10ml [20ml] Rice Wine Vinegar)</i>
100g	200g	Cabbage <i>rinse & finely slice</i>
120g	120g	Carrot <i>rinse, trim, peel & cut ½ [1] into matchsticks or grate</i>
20g	40g	Green Leaves <i>rinse & roughly shred</i>
3g	5g	Fresh Coriander <i>rinse & pick</i>
10g	20g	Peanuts <i>roughly chop</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter
Seasoning (salt & pepper)

1. SIMPLY SESAME Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. CORN YOU BELIEVE IT? Return the pan to high heat with a drizzle of oil. Fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. THE STEAKS ARE HIGH Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. Sear the beef until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and season.

4. EVERYTHING ASIAN SALAD In a salad bowl, combine the Asian dressing with a sweetener and seasoning. Toss through the corn, the cabbage, the carrot, the green leaves, ½ the coriander, ½ the sesame seeds, and ½ the peanuts.

5. RAINBOW ON A PLATE Plate up the Asian slaw salad. Top with the juicy rump strips. Sprinkle over the remaining peanuts and sesame seeds. Garnish with the remaining coriander and the chilli (to taste).
Delish, Chef!