



BBQ Beef Rump and Spicy Sauce

with rice and spinach tomato salad

Calorie Smart 20-25 mins • Spicy

16



Beef Rump



Baby Spinach



Sriracha



Yoghurt



Mint



BBQ Rub



Tomato



Rice

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pot with lid

Ingredients

	2P	4P
Beef Rump	250 g	500 g
Baby Spinach	60 g	120 g
Sriracha	1 sachet	2 sachets
Yoghurt	75 g	150 g
Mint	5 g	10 g
BBQ Rub	1 sachet	2 sachets
Tomato	2 units	4 units
Rice	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	355 g	100 g
Energy (kJ/kcal)	2372.3 kJ/ 567 kcal	668.3 kJ/ 159.7 kcal
Fat (g)	17.4 g	4.9 g
Sat. Fat (g)	7.3 g	2.1 g
Carbohydrate (g)	66 g	18.6 g
Sugars (g)	7.1 g	2 g
Protein (g)	36.8 g	10.4 g
Salt (g)	0.9 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.



You can recycle me!



Make the Rice

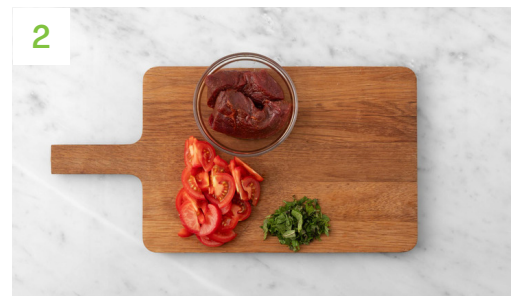
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 10 mins then remove from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Finish and Serve

- In a bowl for the salad, toss the **tomato** wedges together with the **spinach** and a drizzle of **oil**. Season to taste with **salt** and **pepper**.
- Mix the chopped **mint** through the **rice**.
- Thinly slice the **beef rump** and divide between plates.
- Serve the **tomato spinach** salad, **rice** and **sriracha yoghurt** alongside.

Enjoy!



Get Prepped

- Slice the **tomato** into thin wedges.
- Pick the **mint** leaves from their stalks and roughly chop (discard the stalks).
- Season the **beef** with **BBQ rub**, **salt** and **pepper**.
- In a small bowl, mix together the **yoghurt** and **sriracha**. Season to taste with **salt** and **pepper**.



Fry the Beef

- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, fry the **beef** until browned, 1-2 mins each side for medium-rare.
- Cook for another 1-2 mins on each side if you like it medium and a further 1-2 mins on each side if you want it well-done. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging. Meat is safe to eat when outside is browned.
- Once cooked, remove from the pan, cover and allow to rest.