



Beef Rump in Sweet and Spicy Sauce

with quinoa, bell pepper and tomato

Quick Cook 20 – 25 mins • Spicy

18



Beef Rump



Beef Stock



Bell Pepper



Harissa Spice Mix



Sweet Chilli Sauce



Harissa Paste



Scallion



Quinoa



Tomato



Mayo

Pantry Items: Salt, Pepper, Oil, Water



Rate your recipe!

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

Sieve

Ingredients

	2P	4P
Beef Rump	250 g	500 g
Beef Stock	1 sachet	2 sachets
Bell Pepper	1 unit	2 units
Harissa Spice Mix	1 sachet	2 sachets
Sweet Chilli Sauce	1 sachet	2 sachets
Harissa Paste	1 sachet	2 sachets
Scallion	2 units	4 units
Quinoa	170 g	335 g
Tomato	2 units	4 units
Mayo	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	440 g	100 g
Energy (kJ/kcal)	3125.4 kJ/ 747 kcal	710.3 kJ/ 169.8 kcal
Fat (g)	30.2 g	6.9 g
Sat. Fat (g)	7.7 g	1.8 g
Carbohydrate (g)	74 g	16.8 g
Sugars (g)	16 g	3.6 g
Protein (g)	43.9 g	10 g
Salt (g)	2.9 g	0.7 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

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

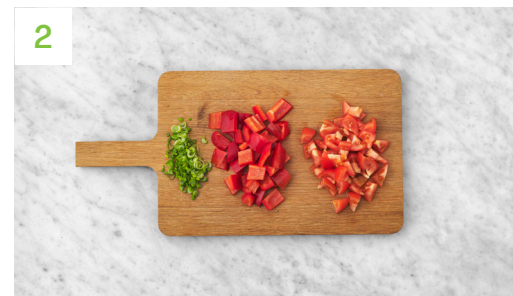


You can recycle me!



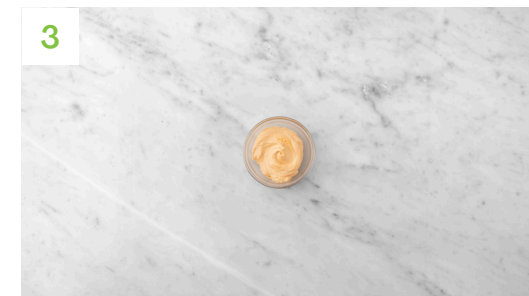
Cook the Quinoa

- Boil a large pot of **water** for the **quinoa**.
- Stir in the **stock powder** and **quinoa** and bring back to the boil.
- Cook until the **quinoa** has doubled in size and the seed has visibly split, 12-15 mins.
- Drain in a sieve and return to the pot, off the heat.
- Set aside and cover to keep warm.



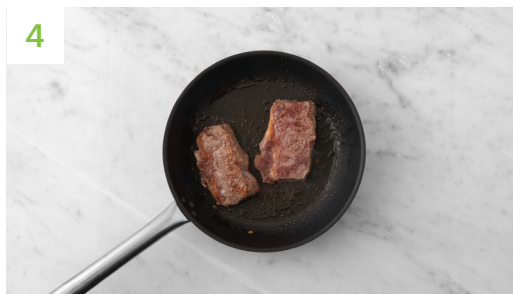
Prep the Veg

- While the **quinoa** cooks, halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.
- Cut the **tomato** into 2cm chunks.
- Trim and thinly slice the **scallion**.



Mix the Mayo

- Add the **mayo**, **harissa paste** and **sweet chilli sauce** to a small bowl.
- Mix together until well combined.



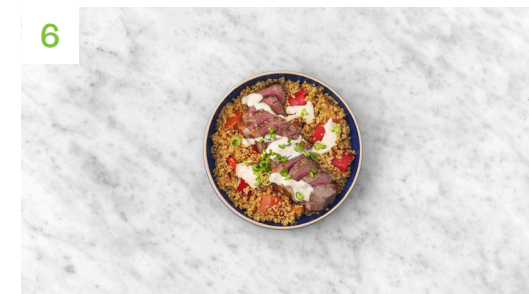
Sear the Beef

- Place a large pan over high heat with a drizzle of **oil**.
- Season the **beef** with **harissa spice**, **salt** and **pepper**.
- Once the **oil** is 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 want 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 the outside is browned.



Fry the Veg

- Once the **beef** is cooked to your liking, transfer to a board, cover and allow to rest.
- Return the pan to high heat with another drizzle of **oil**.
- Once hot, fry the **pepper** and **tomatoes** until starting to soften, stirring occasionally, 3-4 mins.
- Stir the drained **quinoa** into the veg. Season to taste with **salt** and **pepper**.
- Just before serving, thinly slice the **beef**.



Finish and Serve

- Divide the **quinoa** between bowls.
- Top with the sliced **beef**.
- Drizzle over the sweet and spicy sauce.
- Finish with a scattering of **scallion**.

Enjoy!