

Soy-Glazed Steak

with Cucumber Salad and Rice

Simple to prepare and packed with umami!

Cals 605 • Prot 50 • Carbs 84 • Fat 13

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🕒 cook: 25 min

R3022

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Steak	2 ppl	3 ppl	4 ppl	
Rump steak	400	600	800	Grams
Vegetable oil	1	1	4	Tbsp
Soy sauce 9* , 10* , 11*	20	30	40	ML
Honey	15	15	30	Grams
Salad				
Spring onion	40	60	80	Grams
Cucumber	2	3	4	Piece
Salt	1	1	2	Tsp
Rice vinegar	15	22	30	ML
Sesame seeds 3*	10	15	20	Grams
Chipotle powder	2	2	4	Grams
Rice				
Jasmine rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp
Water	300	450	600	ML

Allergens

***9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2534 / 605
Fat (g)	12.9
of which saturates (g)	3.9
Carbohydrate (g)	84
of which sugars (g)	8.3
Fiber (g)	3.4
Protein (g)	50.1
Salt (g)	2

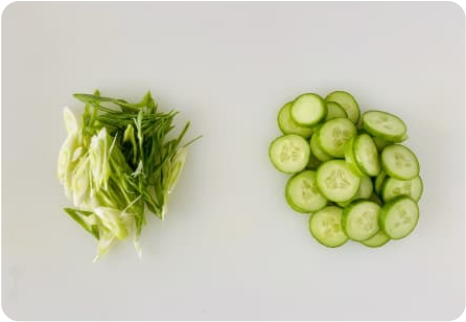
*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil rice

Rinse the **jasmine rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from heat and keep covered until serving.

Tip! The trick to perfect rice is to rinse it thoroughly first, thereby removing as much starch as possible. Rinse it once, twice or even thrice, until the water runs clear.



2 Prep

Meanwhile, trim the **spring onions** and carefully slice them lengthways until you are left with thin strips. Thinly slice the **cucumber**.

Tip! Adding salt helps to draw out moisture from the cucumber and spring onion.



3 Salt

Place the **cucumber** and **spring onion** in a sieve in the sink and sprinkle with **salt**. Toss and leave to rest until step 6.



4 Fry steak

Meanwhile, pat the **steaks** dry with kitchen paper. Heat a large pan with a drizzle of **oil** over a high heat. Once very hot, add the **steaks** and fry them for 1-2 min on each side or until cooked to your liking. Transfer the **steaks** to a plate and leave them to rest.



5 Glaze

Return the pan to a low heat. Add the **soy sauce** and **honey** and whisk for 1-2 min. Once a thick glaze has formed, remove the pan from the heat. Return the **steaks** to the pan and turn them in the glaze. Set aside.



6 Toss salad

Firmly squeeze the **cucumber** and **spring onion** to release any excess liquid. Toss the **cucumber** and **spring onion**, in a bowl, with the **rice vinegar**, **sesame seeds** and a pinch of **chipotle powder (spicy!)**. Slice the **steak** finely. Serve the **steak** over the **rice** with the **cucumber salad** to the side.