

# Soy-Glazed Steak

with Cucumber Salad and Rice

hellóchef

Simple to prepare and packed with umami!

Cals 603 • Prot 51 • Carbs 84 • Fat 13

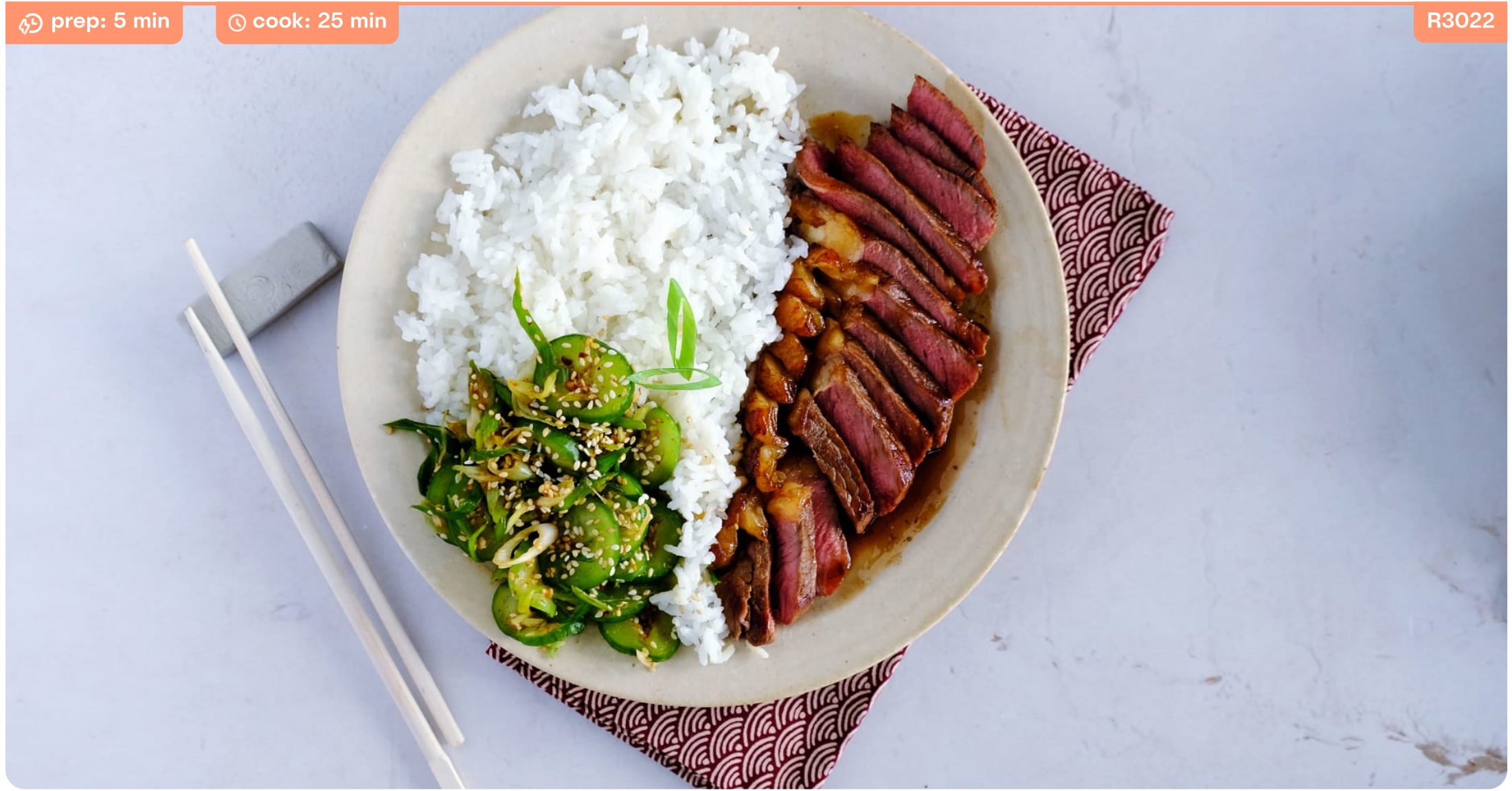
Quick Prep

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⚡ prep: 5 min

🕒 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 <b>9*</b> , <b>10*</b> , <b>11*</b>	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 <b>3*</b>	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)	2523 / 603
Fat (g)	12.9
of which saturates (g)	3.9
Carbohydrate (g)	84
of which sugars (g)	7.3
Fiber (g)	3.5
Protein (g)	50.6
Salt (g)	1.9

\*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.