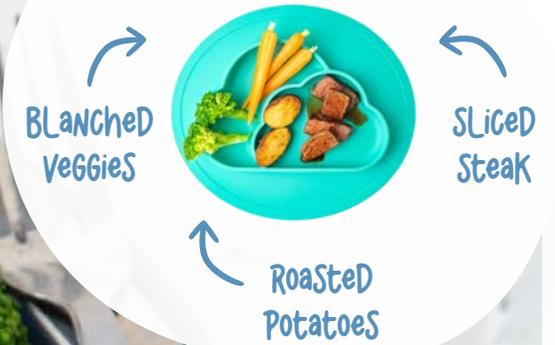



 FOR THE
 Little ONES


honey soy Steaks

Juicy beef rump steaks served with crispy oven potatoes, tender broccoli and a sweet honey soy drizzle.



35 Minutes



Beef



4/6 Servings

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	40g	16g/20g	58g/52g
4/6 person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	1kg	1.2kg
BEEF RUMP STEAKS	600g	600g + 300g
DUTCH CARROTS	1 bunch	1 bunch
BROCCOLI	1	2
BUTTER PORTION	2 x 15g	4 x 15g
HONEY	2 x 10g	3 x 10g

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce

COOKING TOOLS

oven tray, large frypan, saucepan

Skip the honey soy and stir chopped parsley or dried mixed herbs through the butter to make a simple herb butter instead.

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.



1. Roast the Potatoes

Set oven to 220°C. Halve or quarter **baby potatoes** and place on a lined oven tray. Drizzle with **oil** and season with **salt**. Roast for 25-30 minutes or until golden and tender, turn halfway.

tip You can sprinkle potatoes with ground paprika for extra flavour.



4. Make the honey Soy DRizzle

Reduce heat to low. Add **butter**, **honey** and **2 tbsp soy sauce** to the same pan. Stir gently until melted and combined. Take off heat.

6P - use 3 tbsp soy sauce.

tip Stir in resting juices from the steaks.



2. Cook the Steaks

Heat a frypan with **oil** over medium-high heat. Season **steaks** with **salt and pepper**. Cook for 2-4 minutes on each side or until cooked to your liking. Set aside to rest, see step 4.

tip If your steaks are thick, you can finish them in the oven.



5. Finish and Serve

Slice **steaks**.

Serve with **oven roasted potatoes** and **vegetables**. Drizzle over **honey soy sauce**.



3. Cook the Broccoli

Bring a saucepan of water to the boil. Trim **dutch carrots** and cut **broccoli** into florets, add to pan and cook for 3-4 minutes or until just tender. Drain well.

tip Toss with some butter/olive oil, salt and pepper if you like!