FROM OUR KITCHEN

# Rump Steak Curry Noodle Bowl



| PREP TIME | COOK TIME | TOTAL TIME | SERVINGS |
|---|---|---|---|
| 10 min | 10 min | 20 min | 2 |

## 01 Ingredients

- [ ] 1 Rump Steak (about 400gms)
- [ ] 180 g dry soba noodles
- [ ] 2 spring onions, finely sliced
- [ ] 1 tsp of sesame oil
- [ ] 1 bunch of broccolini, halved
- [ ] 1.4 of a cup of coconut milk
- [ ] 0.4 of a cup of natural smooth peanut butter
- [ ] 2 tsp of curry powder

## 02 Step-by-step method

**01** Place the sliced spring onion and sesame oil into a large bowl. Cook the soba noodles as per packet instructions, adding the broccolini in just as they come to the boil.

**02** Meanwhile, cook the steak on a hot, non-stick fry pan or BBQ with a spray of olive oil to your preference (about 2-3 min each side). Allow to rest.

03 To make the curry sauce, stir together the coconut milk, peanut butter and curry powder. Season to taste, and add a little water to create a runny consistency.

04 To serve, drain the soba noodles and broccolini and toss in the bowl of sesame oil and spring onion, before placing into serving bowls. Slice the rump steak and place on top, then dress with the curry sauce and a sprinkle of sesame seeds.