

Mumbai-Spiced Beef Rump & Supergreen Salad

with Bombay Roast Sweet Potatoes & Cherry Tomato

Grab your Meal Kit with this symbol







Sweet Potato







Carrot





Coriander

Snacking Tomatoes



Kale & Spinach





Mumbai Spice



Blend



Coconut Milk

Prep in: 20-30 mins Ready in: 30-40 mins



We're bringing three flavour powerhouses to your place tonight - Indian-style spices, aromatic garlic and fresh coriander. Teamed with seared steak, these ingredients just so happen to have the magical touch, creating a dinner that's so tasty you'll hardly believe you made it yourself!

Pantry items Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

| ing. calcine | | | | |
|------------------------|-----------------|---------------------------------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | refer to method | refer to method | | |
| sweet potato | 2 | 4 | | |
| brown mustard seeds | 1 medium packet | 2 medium packets | | |
| garlic | 2 cloves | 4 cloves | | |
| carrot | 1 | 2 | | |
| snacking tomatoes | 1 punnet | 2 punnets | | |
| coriander | 1 bag | 1 bag | | |
| white wine vinegar* | drizzle | drizzle | | |
| kale & spinach | 1 medium bag | 1 large bag | | |
| beef rump | 1 small packet | 2 small packets OR 1 large packet | | |
| Mumbai spice blend | 1 medium sachet | 2 medium sachets OR 1 large sachet | | |
| coconut milk | 1 packet | 2 packets | | |
| beef rump** | 1 small packet | 2 small packets OR 1 large packet | | |
| | | | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2177kJ (520Cal) | 328kJ (78Cal) |
| Protein (g) | 39.5g | 6g |
| Fat, total (g) | 21.5g | 3.2g |
| - saturated (g) | 16.1g | 2.4g |
| Carbohydrate (g) | 41.4g | 6.2g |
| - sugars (g) | 19.3g | 2.9g |
| Sodium (mg) | 721mg | 109mg |
| Dietary Fibre | 12.4g | 1.9g |
| | | |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2852kJ (682Cal) | 350kJ (84Cal) |
| Protein (g) | 70.1g | 8.6g |
| Fat, total (g) | 25.7g | 3.2g |
| - saturated (g) | 17.6g | 2.2g |
| Carbohydrate (g) | 41.4g | 5.1g |
| - sugars (g) | 19.3g | 2.4g |
| Sodium (mg) | 796mg | 98mg |

The quantities provided above are averages only.

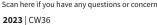
Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Roast the potatoes

- Preheat oven to 240°C/220°C fan-forced.
- Cut **sweet potato** into large chunks and place on a lined oven tray.
- Add brown mustard seeds and a drizzle of olive oil. Season with salt and pepper. Toss to coat, then bake until tender, 20-25 minutes.



Get prepped

- · While sweet potatoes are roasting, finely chop garlic.
- Grate carrot.
- Halve snacking tomatoes.
- Roughly chop coriander.



Toss the salad

- In a medium bowl, combine a drizzle of the white wine vinegar, a drizzle of olive oil and a pinch of **salt** and **pepper**.
- Add kale & spinach, carrot and snacking tomatoes. Toss to combine.



Cook the steak

- See 'Top Steak Tips!' (below). Place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season **beef** with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

TIP: Pounding the beef ensures that it's extra tender once cooked.

Custom Recipe: If you've doubled your beef rump, prepare as above. Cook beef in batches for the best results.



Cook the sauce

- · Return frying pan to medium-high heat with a drizzle of olive oil. Add Mumbai spice blend and garlic and cook, stirring, until fragrant, 1 minute.
- · Stir through coconut milk and simmer, until slightly thickened, 1-2 minutes. Season.
- · Once the sweet potatoes are done, add coriander to the tray and toss.



Serve up

- · Slice steak.
- · Divide the steak, Bombay sweet potatoes and mixed salad between plates.
- · Pour the Mumbai coconut sauce over the steak to serve. Enjoy!

Top Steak Tips!

- 1. Use paper towel to pat steak dry before seasoning.
- 2. Check if steak is done by pressing on it gently with tongs rare steak is soft, medium is springy and well-done is firm.
- 3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

