



Mumbai-Spiced Beef Rump & Supergreen Salad

with Bombay Roast Sweet Potatoes & Cherry Tomatoes

Grab your Meal Kit with this symbol



Sweet Potato



Brown Mustard Seeds



Garlic



Carrot



Snacking Tomatoes



Coriander



Kale & Spinach



Beef Rump



Mumbai Spice Blend



Coconut Milk



Beef Rump

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

Calorie Smart*
**Custom Recipe is not Calorie Smart*

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
brown mustard seeds	1 medium sachet	2 medium sachets
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	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)	2099kJ (502Cal)	335kJ (80Cal)
Protein (g)	39.1g	6.2g
Fat, total (g)	21.2g	3.4g
- saturated (g)	16g	2.6g
Carbohydrate (g)	38.1g	6.1g
- sugars (g)	16.6g	2.7g
Sodium (mg)	462mg	74mg

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



1



Roast the sweet 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**.

4



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: If your **beef rump** is more than 3cm thick, cut in half horizontally before pounding or a shorter cook time.

Custom Recipe: If you've doubled your beef rump, cook in batches for the best results.

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.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Grate **carrot**.
- Halve **snacking tomatoes**.
- Roughly chop **coriander**.

5



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 thickened slightly, **1-2 minutes**. Season.
- Once the sweet potatoes are done, add **coriander** to the tray and toss.

3



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.

6



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!

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