



# 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



Carb Smart\*

\*Custom Recipe is not Carb 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
<b>olive oil*</b>	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
<b>white wine vinegar*</b>	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
Dietary Fibre (g)	12.4g	2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2774kJ (663Cal)	358kJ (86Cal)
Protein (g)	69.7g	9g
Fat, total (g)	25.4g	3.3g
- saturated (g)	17.5g	2.3g
Carbohydrate (g)	38.1g	4.9g
- sugars (g)	16.6g	2.1g
Sodium (mg)	537mg	69mg

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](https://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 beef 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 **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 beef rump.
- Divide the steak, Bombay sweet potatoes and supergreen salad between plates.
- Pour the Mumbai coconut sauce over the steak to serve. Enjoy!

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)