



Seared Beef Rump & Mumbai Coconut Sauce

with Roast Veggie Medley

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Beetroot



Garlic



Peeled & Chopped Pumpkin



Beef Rump



Mumbai Spice Blend



Coconut Milk



Baby Spinach Leaves



Salmon

Prep in: 15-25 mins
Ready in: 25-35 mins

Carb Smart

Eat Me First

It's beef rump, but not as you know it! We're using our mild, yet flavourful Mumbai spice blend to lift succulent beef to new heights. With a generous helping of roasted veggies, it's all you need to create a meal fit for royalty!

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	1	2
beetroot	1	2
garlic	1 clove	2 cloves
peeled & chopped pumpkin	1 small packet	1 medium packet
beef rump	1 medium packet	2 medium packets OR 1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
baby spinach leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
salmon**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2036kJ (486Cal)	351kJ (83Cal)
Protein (g)	39.7g	6.8g
Fat, total (g)	21g	3.6g
- saturated (g)	16.1g	2.8g
Carbohydrate (g)	34.4g	5.9g
- sugars (g)	21.8g	3.8g
Sodium (mg)	709mg	122mg
Dietary Fibre (g)	11.3g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2618kJ (625Cal)	459kJ (109Cal)
Protein (g)	37.6g	6.6g
Fat, total (g)	37.1g	6.5g
- saturated (g)	18.3g	3.2g
Carbohydrate (g)	35.5g	6.2g
- sugars (g)	21.9g	3.8g
Sodium (mg)	691mg	121mg
Dietary Fibre	11.3g	2g

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 veggies

- Preheat oven to **220°C/200°C fan forced**.
- Cut **sweet potato** into bite-sized chunks.
- Cut **beetroot** into 1cm chunks.
- Finely chop **garlic**.
- Place **peeled & chopped pumpkin, sweet potato** and **beetroot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until golden and tender, **20-25 minutes**.

TIP: If your oven tray is getting crowded, divide veggies between two trays.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

3



Make the sauce & toss the veggies

- Return frying pan to medium heat with a drizzle of **olive oil**.
- Cook **garlic** and **Mumbai spice blend**, until fragrant, **1 minute**.
- Stir in **coconut milk** and a splash of **water** and simmer, until bubbling, **2-3 minutes**.
- To tray with veggies, add **baby spinach leaves** with a drizzle of **white wine vinegar**. Toss to coat and season to taste.

2



Cook the beef

- Meanwhile, place **beef rump** between two sheets of baking paper (if your rump is more than 3cm thick, cut in half horizontally before pounding for a shorter cook time). 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.

Custom Recipe: If you've upgraded to salmon, in a large frying pan heat a drizzle of olive oil over medium-high heat. Pat salmon dry with paper towel and season both sides (this helps the skin crisp up in the pan!). When oil is hot, cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side. Transfer to a plate to rest.

4



Serve up

- Slice beef.
- Divide roast veggie medley and seared beef rump between plates.
- Spoon over Mumbai coconut sauce to serve. Enjoy!

Custom Recipe: Top with seared salmon.

Rate your recipe

Did we make your tastebuds happy?

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