



# Seared Beef & Mumbai Coconut Sauce

with Roast Veggie Medley

Grab your meal kit with this number

18



Sweet Potato



Brown Onion



Cauliflower



Beetroot



Garlic



Beef Rump



Mumbai Spice Blend



Coconut Milk



Baby Spinach Leaves



Salmon



Beef Rump

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

Protein Rich

Carb Smart

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!

### Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Air fryer or 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	1	2
brown onion	1	2
cauliflower	1 medium	1 large
beetroot	1	2
garlic	1 clove	2 cloves
beef rump	1 medium packet	2 medium packets OR 1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
coconut milk	1 packet	2 packets
baby spinach leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2361kJ (564cal)	173kJ (41cal)
Protein (g)	40.9g	3g
Fat, total (g)	26.8g	2g
- saturated (g)	17.6g	1.3g
Carbohydrate (g)	39.7g	2.9g
- sugars (g)	27.1g	2g
Sodium (mg)	702mg	51.3mg
Dietary Fibre (g)	13.8g	1g

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.

## 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.

1



## Bake the veggies

- Preheat oven to **220°C/200°C fan forced**.
- Cut **sweet potato** into bite-sized chunks. Peel **brown onion** and cut into wedges. Cut **cauliflower** (including the stalk!) into small florets. Cut **beetroot** into 1cm chunks. Finely chop **garlic**.
- Place **sweet potato, onion, cauliflower** 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 the 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

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

2



## Cook the beef

- See '**Top Steak Tips!**' (*below left*). Meanwhile, season **beef rump** 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 **4-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

**TIP:** If your beef rump is more than 4cm thick, cut in half horizontally before seasoning.

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW36



### CUSTOM OPTIONS



#### SWAP TO SALMON

Cook until just cooked through, 2-4 minutes each side.



#### DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

