

Seared Beef & Mumbai Coconut Sauce

with Roast Veggie Medley

Grab your meal kit with this number







Sweet Potato





Brown Onion



Beetroot





Beef Rump



Mumbai Spice



Coconut Milk



Baby Spinach Leaves





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

Calorie Smart



Protein Rich

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

Oven tray lined with baking paper · Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	1	2	
pumpkin	½ medium	1 medium	
brown onion	1	2	
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 medium packet	1 large packet	
white wine vinegar*	drizzle	drizzle	

Puntry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2666kJ (637cal)	155kJ (37cal)
Protein (g)	44.6g	2.6g
Fat, total (g)	27.9g	1.6g
- saturated (g)	17.9g	1g
Carbohydrate (g)	51.8g	3g
- sugars (g)	36.2g	2.1g
Sodium (mg)	704mg	41mg
Dietary Fibre (g)	17g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Top Steak Tips!

- **1.** Remove steak from fridge 15 minutes before cooking.
- 2. Use paper towel to pat steak dry before seasoning.
- Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
- **4.** Let steak rest on a plate for 5 minutes before slicing.



Roast the veggies

- Preheat oven to 220°C/200°C fan forced.
- Cut sweet potato and pumpkin (see ingredients) into bite-sized chunks.
- Peel brown onion and cut into wedges.
- Cut beetroot into 1cm chunks. Finely chop garlic.
- Place pumpkin, sweet potato, beetroot and onion 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.



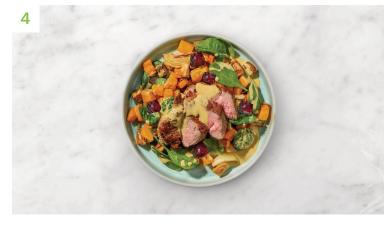
Make the sauce

- 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,
 and 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.



Cook the beef

- See 'Top Steak Tips!' (bottom 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 5-9 minutes (depending on thickness), or until
 cooked to your liking. Transfer to a plate to rest.



Serve up

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







Follow method above, cooking in batches if necessary.



Add seasoning as above. Cook, turning occasionally, until browned and cooked through, 10-14 minutes.

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

