



Seared Beef & Mumbai Coconut Sauce

with Roast Veggie Medley

Grab your meal kit with this number

18



Sweet Potato



Pumpkin



Brown Onion



Beetroot



Garlic



Beef Rump



Mumbai Spice Blend



Coconut Milk



Baby Spinach Leaves



Beef Rump



Chicken Thigh

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



Protein Rich



Calorie 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

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
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

*Pantry 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.
3. 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.

1



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.

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!**' (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.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN THIGH

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.

