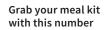


Seared Beef & Mumbai Coconut Sauce

with Garlicky Greens















Trimmed Green



Garlic Paste





Blend

Beef Rump







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

Carb Smart





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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
broccoli	1 head	2 heads
silverbeet	1 medium packet	2 medium packets
trimmed green beans	1 medium packet	1 large packet
garlic paste	1 packet	2 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 packet	2 packets
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1959kJ (468cal)	172kJ (41cal)
Protein (g)	43.8g	3.8g
Fat, total (g)	28.1g	2.5g
- saturated (g)	17.8g	1.6g
Carbohydrate (g)	9.1g	0.8g
- sugars (g)	6.1g	0.5g
Sodium (mg)	797mg	70mg
Dietary Fibre (g)	12g	1.1g

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 packaging and set aside at room temperature 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.



Cook the veggies

- See 'Top Steak Tips!' (bottom left).
- Chop broccoli (including stalk!) into small florets.
- Roughly chop silverbeet.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Add broccoli and trimmed green beans and cook, tossing, until softened,
 5-6 minutes.
- Add silverbeet and garlic paste and cook until wilted, 1-2 minutes. Set aside on serving plates.

TIP: Add a dash of water to the pan to help speed up the cooking process.



Make the sauce

- Return frying pan to medium heat with a drizzle of olive oil. Cook Mumbai spice blend, stirring until fragrant, 1 minute.
- Stir in coconut milk and a splash of water and simmer until bubbling,
 2-3 minutes.



Cook the beef

- Meanwhile, season beef rump with salt and pepper.
- Return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook beef for 3-4 minutes each side for medium-rare, or until cooked to your liking. Transfer to a plate to rest.



Serve up

- · Slice beef.
- Divide seared beef between plates with the garlicky greens.
- Spoon over Mumbai coconut sauce to serve. Enjoy!







