

Seared Beef & Mumbai Coconut Sauce

with Garlicky Greens

Grab your meal kit with this number

18



Broccoli



Silverbeet



Trimmed Green Beans



Garlic Paste



Beef Rump



Mumbai Spice Blend



Coconut Milk



Beef Rump



Chicken Thigh

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 garlicky greens, it's all you need to create a meal fit for royalty!

Pantry items

Olive Oil

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.
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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW46



1



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.

3



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**.

2



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.

4



Serve up

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

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.

