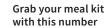


# Beef & Bombay Sweet Potatoes with Mumbai-Spiced Sauce & Salad

HELLOHERO











**Sweet Potato** 





Carrot



**Snacking Tomatoes** 









Coconut Milk



Flaked Almonds





Prep in: 20-30 mins Ready in: 30-40 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

Oven tray lined with baking paper · Large frying pan

# Ingredients

3		
	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
brown mustard seeds	1 sachet	2 sachets
garlic	2 cloves	4 cloves
carrot	1	2
snacking tomatoes	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
baby spinach leaves	1 medium packet	2 medium packets
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
flaked almonds	1 medium packet	1 large packet
*Pantry Items		

#### **Nutrition**

Per Serving	Per 100g
2150kJ (513Cal)	323kJ (77Cal)
39.3g	5.9g
22.1g	3.3g
16.8g	2.5g
39g	5.9g
16.7g	2.5g
462mg	69mg
12.7g	1.9g
	2150kJ (513Cal) 39.3g 22.1g 16.8g 39g 16.7g 462mg

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.



# Roast the sweet potatoes

- See 'Top Steak Tips!' (below left). Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato into large chunks and place on a lined oven tray.
- Add brown mustard seeds and a drizzle of olive oil. Season with salt and pepper. Toss to coat, then bake until tender, 20-25 minutes.



# Get prepped

- Meanwhile, finely chop garlic.
- Grate carrot.
- Halve snacking tomatoes.



## Toss the salad

- In a medium bowl, combine a drizzle of the white wine vinegar, a drizzle of olive oil and a pinch of salt and pepper.
- Add baby spinach leaves, carrot and snacking tomatoes. Toss to combine.



## Cook the steak

- · 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 for 3-4 minutes each side for medium-rare, or until cooked to your liking.
- Transfer to a plate to rest.



# Cook the sauce

- Return frying pan to medium-high heat with a drizzle of olive oil. Add Mumbai spice blend and garlic and cook, stirring until fragrant, 1 minute.
- Stir through coconut milk and simmer until thickened slightly, 1-2 minutes. Season to taste.



### Finish & serve

- Slice beef rump.
- Divide beef, Bombay sweet potatoes and salad between plates.
- Pour the Mumbai-spiced sauce over the steak.
- Sprinkle flaked almonds over the salad to serve. Enjoy!





#### 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.

