



Beef & Bombay Sweet Potatoes

with Mumbai-Spiced Sauce & Salad

HELLOHERO

Grab your meal kit with this number

25



Sweet Potato



Brown Mustard Seeds



Garlic



Carrot



Snacking Tomatoes



Coriander



Baby Spinach Leaves



Beef Rump



Mumbai Spice Blend



Coconut Milk



Beef Rump



Chicken Thigh

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

Protein Rich

Carb Smart

We're bringing three flavour powerhouses to your place tonight – Indian-style spices, aromatic garlic and fresh coriander. Teamed with seared steak, these ingredients just so happen to have the magical touch, creating a dinner that's so tasty you'll hardly believe you made it yourself!

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	2	4
brown mustard seeds	1 sachet	2 sachets
garlic	2 cloves	4 cloves
carrot	1	2
snacking tomatoes	1 packet	2 packets
coriander	1 packet	1 packet
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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2115kJ (505cal)	320kJ (48cal)
Protein (g)	39.2g	5.9g
Fat, total (g)	21.3g	3.2g
- saturated (g)	16g	2.4g
Carbohydrate (g)	38.9g	5.9g
- sugars (g)	16.6g	2.5g
Sodium (mg)	446mg	67.5mg
Dietary Fibre (g)	12.7g	1.9g

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

2025 | CW03



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**.



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.



Get prepped

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



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.
- Once the sweet potatoes are done, add **coriander** to the tray and toss to combine.



Toss the salad

- In a medium bowl, combine a drizzle of **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.



Finish & serve

- Slice beef rump.
- Divide beef, Bombay sweet potatoes and salad between plates.
- Pour the Mumbai-spiced sauce over the beef 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.

