

Indian Steak & Mumbai Coconut Sauce

with Bombay Potatoes & Garden Salad

Grab your Meal Kit with this symbol



Potato



Turmeric



Brown Mustard Seeds



Garlic



Carrot



Tomato



Coriander



Beef Rump



Mumbai Spice




Blend Coconut Milk



Mixed Salad Leaves

 Hands-on: 20-30 mins
Ready in: 30-40 mins

 Calorie Smart

 Naturally Gluten-Free
Not suitable for coeliacs

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

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
potato	2	4
turmeric	½ sachet	1 sachet
brown mustard seeds	1 packet	2 packets
garlic	2 cloves	4 cloves
carrot	1	2
tomato	1	2
coriander	1 bag	1 bag
beef rump	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachet
coconut milk	1 medium tin	1 large tin
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2196kJ (525Cal)	364kJ (87Cal)
Protein (g)	39.6g	6.6g
Fat, total (g)	19.9g	3.3g
- saturated (g)	11.5g	1.9g
Carbohydrate (g)	39g	6.5g
- sugars (g)	11.6g	6.5g
Sodium (mg)	388mg	64mg

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.



Roast the potatoes

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into large chunks and place on a lined oven tray. Add the **turmeric** (see ingredients), **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

While the potatoes are roasting, finely chop the **garlic**. Grate the **carrot**. Roughly chop the **tomato** and **coriander**.



Cook the steak

See Top Steak Tips (below) for extra info!

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Season the **beef rump** on both sides. When the oil is hot, cook the **beef rump** for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

TIP: This will give you a medium steak but cook for a little less if you like it rare, or a little longer for well done.



Cook the sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **Mumbai spice blend** and **garlic** and cook, stirring, until fragrant, **1 minute**. Stir through the **coconut milk** and simmer until thickened slightly, **1-2 minutes**. Season. Once the potatoes are done, add the **coriander** to the tray and toss.



Make 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 the **mixed salad leaves**, **carrot** and **tomato**. Toss to coat.



Serve up

Slice the steak. Divide the steak, Bombay potatoes and mixed salad between plates. Pour the Mumbai coconut sauce over the steak to serve.

Enjoy!

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.