



# Seared 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



Mixed Salad Leaves



Beef Rump



Mumbai Spice Blend



Coconut Milk

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

Low calorie

We can't work out which is best: the pop of brown mustard seeds on the turmeric-roasted potatoes, the gentle warmth of the creamy Mumbai-spiced coconut sauce or the burst and crunch of the garden salad. You decide!

### 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	3	6
turmeric	½ sachet	1 sachet
brown mustard seeds	1 sachet	1 sachet
garlic	2 cloves	4 cloves
carrot	1	2
tomato	1	2
coriander	1 bunch	1 bunch
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (30g)	1 bag (60g)
beef rump	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 tin (165ml)	1 tin (400ml)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2207kJ (527Cal)	368kJ (87Cal)
Protein (g)	39.8g	6.6g
Fat, total (g)	19.9g	3.3g
- saturated (g)	11.5g	1.9g
Carbohydrate (g)	41.9g	7g
- sugars (g)	8.9g	1.5g
Sodium (mg)	383mg	64mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place the **potato**, **turmeric** (see ingredients) and **brown mustard seeds** on an oven tray lined with baking paper. Drizzle with **olive oil**, then season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

**TIP:** Cut the potato to size so it cooks in time.



## Get prepped

While the potato is roasting, finely chop the **garlic**. Grate the **carrot** (unpeeled). Roughly chop the **tomato** and **coriander**.



## Make the salad

In a medium bowl, combine a drizzle of **white wine vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **mixed salad leaves**, **carrot** and **tomato**. Set aside.



## Cook the steak

**See Top Steak Tips (below) for extra info!**

When the potato has **10 minutes** cook time remaining, heat a large frying pan over a high heat with a drizzle of **olive oil**. Season the **beef rump** with **salt** and **pepper**. 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.



## Cook the coconut sauce

While the steak is resting, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **Mumbai spice blend** and **garlic**, stirring, until fragrant, **1 minute**. Stir through the **coconut milk** and simmer until thickened slightly, **1-2 minutes**. Season with **salt** and **pepper**. When the **potato** is done, add the **coriander** to the oven tray and gently toss.



## Serve up

Toss the salad. Slice the steak. Divide the steak, Bombay potatoes and garden salad between plates. Pour the Mumbai coconut sauce over the steak.

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.