



Seared Steak & Mumbai Coconut Sauce

with Bombay Potatoes & Radish Salad

Grab your Meal Kit with this symbol



Potato



Brown Mustard Seeds



Garlic



Carrot



Radish



Coriander



Beef Rump



Mumbai Spice Blend



Coconut Milk



Mixed Salad Leaves



Beef Rump

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

Calorie Smart*

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 radish salad. You decide!



CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 |
| brown mustard seeds | 1 sachet | 1 sachet |
| garlic | 2 cloves | 4 cloves |
| carrot | 1 | 2 |
| radish | 2 | 4 |
| coriander | 1 bag | 1 bag |
| beef rump | 1 packet | 1 packet |
| Mumbai spice blend | 1 sachet | 2 sachet |
| coconut milk | 1 tin (165ml) | 1 tin (400ml) |
| white wine vinegar* | drizzle | drizzle |
| mixed salad leaves | 1 bag (30g) | 1 bag (60g) |
| beef rump** | 1 packet | 1 packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2459kJ (587Cal) | 404kJ (96Cal) |
| Protein (g) | 42.2g | 6.9g |
| Fat, total (g) | 24.9g | 4.1g |
| - saturated (g) | 15.3g | 2.5g |
| Carbohydrate (g) | 43.7g | 7.2g |
| - sugars (g) | 8.8g | 1.4g |
| Sodium (mg) | 387mg | 64mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3342kJ (798Cal) | 440kJ (105Cal) |
| Protein (g) | 74.7g | 9.8g |
| Fat, total (g) | 34g | 4.5g |
| - saturated (g) | 20.5g | 2.7g |
| Carbohydrate (g) | 43.7g | 5.8g |
| - sugars (g) | 8.8g | 1.2g |
| Sodium (mg) | 460mg | 61mg |

The quantities provided above are averages only.

*Custom recipe is not Calorie Smart.

Allergens

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

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

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2021 | CW39



Roast the potatoes

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** into bite-sized chunks. Place the **potato** and **brown mustard seeds** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.



Get prepped

While the potatoes are roasting, finely chop the **garlic**. Grate the **carrot**. Thinly slice the **radish**. Roughly chop the **coriander**.



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**. When the oil is hot, season the **beef rump** with **salt** and **pepper**. Cook the **beef** for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

CUSTOM RECIPE

If you've doubled your beef rump, cook in batches for the best results.



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 and set aside.



Toss the salad

In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add the **mixed salad leaves**, **carrot** and **radish**. Toss to coat. When the potatoes are done, add the **coriander** to the oven tray and gently toss to combine.



Serve up

Slice the steak. Divide the steak, Bombay potatoes and radish 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.