

Seared Steak & Mumbai Coconut Sauce

with Herby Potatoes & Cucumber Salad

KID FRIENDLY

Grab your meal kit with this number

41



Potato



Garlic



Cucumber



Coriander



Carrot



Beef Rump



Mumbai Spice Blend



Coconut Milk



Mixed Salad Leaves



Salmon



Beef Rump

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



Protein Rich



Calorie Smart

We can't work out which is best: the golden roasted potatoes, the gentle warmth of the creamy Mumbai-spiced coconut sauce or the crunch of the cucumber salad. Go on, you decide!

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
potato	3	6
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
coriander	1 packet	1 packet
carrot	1	2
beef rump	1 medium packet	2 medium packets OR 1 large packet
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 medium packet	2 medium packets
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1827kJ (437cal)	178kJ (42cal)
Protein (g)	41.1g	4g
Fat, total (g)	23.7g	2.3g
- saturated (g)	18.5g	1.8g
Carbohydrate (g)	41.3g	4g
- sugars (g)	7.8g	0.8g
Sodium (mg)	1705mg	165.7mg
Dietary Fibre (g)	9.5g	0.9g

The quantities provided above are averages only.

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.

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 potato

- **See Top Steak Tips (below left)!**
- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the potato between two trays.



Get prepped

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

Little cooks: Under adult supervision, older kids can help grate the carrot.



Cook the steak

- When the potato has **10 minutes** cook time remaining, place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking.
- Transfer to a plate to rest.

TIP: Pounding the beef ensures that it's extra tender once cooked.



Make the coconut sauce

- While the steak is resting, return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **Mumbai spice blend** and **garlic**, stirring until fragrant, **1 minute**.
- Stir through **coconut milk** and simmer until thickened slightly, **1-2 minutes**. Season to taste and set aside.



Toss the salad

- In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season to taste.
- Add **mixed salad leaves**, **carrot** and **cucumber**, then toss to coat. Set aside.
- When finished roasting, sprinkle **coriander** over potatoes and gently toss to combine.

Little cooks: Kids can help sprinkle over the coriander. Careful the tray is hot!



Serve up

- Slice steak.
- Divide seared steak, herby potatoes and cucumber salad between plates.
- Pour Mumbai coconut sauce over the steak to serve. Enjoy!

Little cooks: Add the finishing touch by drizzling over the Mumbai coconut sauce!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



CUSTOM OPTIONS



SWAP TO SALMON

Cook over high heat with a drizzle of olive oil, skin-side down first, until just cooked through, 2-4 minutes each side.



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

