



Sri Lankan Beef & Leek Coconut Curry

with Garlic Rice & Roasted Peanuts

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Parsnip



Carrot



Garlic



Leek



Lemon



Basmati Rice



Beef Strips



Sri Lankan Spice Blend



Tomato Paste



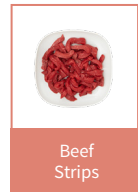
Coconut Milk



Beef-Style Stock Powder



Roasted Peanuts



Beef Strips

Prep in: 25-35 mins
Ready in: 30-40 mins

A good dinner is one where your mouth starts watering from the delicious aromas before you've even served up. The Sri Lankan spices and coconut curry sauce will fill your kitchen with delectable scents in no time. There won't be any waiting around to dig in when dinner is served - it's too irresistible.

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

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Wash your hands and any fresh food

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
carrot	1	2
garlic	3 cloves	6 cloves
leek	1	2
lemon	½	1
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
beef strips	1 packet	1 packet (or 2 packets)
Sri Lankan spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
coconut milk	1 medium packet	2 medium packets
beef-style stock powder	1 medium sachet	1 large sachet
water* (for the curry)	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
roasted peanuts	1 packet	2 packets
beef strips**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3326kJ (795Cal)	589kJ (141Cal)
Protein (g)	44g	7.8g
Fat, total (g)	41.7g	7.4g
- saturated (g)	24.3g	4.3g
Carbohydrate (g)	84.6g	15g
- sugars (g)	14.8g	2.6g
Sodium (mg)	986mg	175mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4123kJ (985Cal)	598kJ (143Cal)
Protein (g)	72.8g	10.6g
Fat, total (g)	50g	7.3g
- saturated (g)	27.6g	4g
Carbohydrate (g)	84.6g	12.3g
- sugars (g)	14.8g	2.1g
Sodium (mg)	1036mg	150mg

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.

We're here to help!

Scan here if you have any questions or concerns



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **parsnip** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

Little cooks: Kids can help toss the veggies.



Start the curry

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **leek**, stirring, until softened, **4-5 minutes**.
- Add **Sri Lankan spice blend**, **tomato paste** and remaining **garlic** and cook until fragrant, **1-2 minutes**.



Cook the garlic rice

- Meanwhile, finely chop **garlic**. Thinly slice **leek**. Slice **lemon** into wedges.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, **water (for the rice)** and a pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Finish the curry

- Add **coconut milk**, **beef-style stock powder**, the **water (for the curry)**, **brown sugar** and a squeeze of **lemon juice** and simmer until thickened, **2-3 minutes**.
- Remove pan from heat. Stir through **roasted veggies** and **beef strips** (plus any resting juices). Season to taste.



Cook the beef strips

- While the rice is cooking, heat a large frying pan over high heat with a drizzle of **olive oil**.
- Discard any liquid from **beef strips** packaging.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a bowl. Set aside.

Custom Recipe: If you've doubled your beef strips, cook in batches for the best results!



Serve up

- Divide garlic rice between bowls.
- Top with Sri Lankan beef and coconut curry.
- Garnish with **roasted peanuts**. Serve with any remaining lemon wedges. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the peanuts.

Rate your recipe

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