



Japanese-Style Beef & Pumpkin Katsu Curry

with Rapid Butter Rice & Crispy Shallots

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Potato



Peeled Pumpkin Pieces



Jasmine Rice



Beef Strips



Katsu Paste



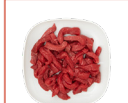
Gravy Granules



Baby Spinach Leaves



Crispy Shallots



Beef Strips

Prep in: 15-25 mins
Ready in: 30-40 mins

The pumpkin is popping with colour, the beef is bouncing with flavour and the katsu gravy sauce is catching everyone's attention. It sounds like a night we want an invite to, especially with the finishing touch of crispy shallots sprinkled over to set the mood. Tonight is guaranteed to be a bowl of delight!

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

Pantry items

Olive Oil, Butter

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
peeled pumpkin pieces	1 bag (200g)	1 bag (400g)
jasmine rice	1 packet	1 packet
butter*	20g	40g
beef strips	1 small packet	2 small packets OR 1 large packet
katsu paste	1 packet (70g)	2 packets (140g)
water*	1 cup	2 cups
gravy granules	1 sachet	2 sachets
baby spinach leaves	1 medium bag	1 large bag
crispy shallots	1 medium packet	1 large packet
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3307kJ (790Cal)	671kJ (160Cal)
Protein (g)	40.8g	8.3g
Fat, total (g)	23.4g	4.7g
- saturated (g)	10.4g	2.1g
Carbohydrate (g)	100.4g	20.4g
- sugars (g)	17.3g	3.5g
Sodium (mg)	1444mg	293mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4103kJ (980Cal)	664kJ (158Cal)
Protein (g)	69.6g	11.3g
Fat, total (g)	31.7g	5.1g
- saturated (g)	13.7g	2.2g
Carbohydrate (g)	100.4g	16.2g
- sugars (g)	17.3g	2.8g
Sodium (mg)	1494mg	242mg

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

2023 | CW38



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle. Cut **potato** into small chunks.
- Place **potato** and **peeled pumpkin pieces** 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**.

3



Make the curry

- When the veggies have **5 minutes** remaining, discard any liquid from **beef strips** packaging. In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **katsu paste** until fragrant, **1 minute**. Add the **water** and **gravy granules**, stirring until smooth.
- Remove from heat, then stir in **baby spinach leaves**, **roasted veggies** and the **beef** (plus any remaining resting juices).

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

2



Cook the rice

- Meanwhile, half-fill a medium saucepan with boiling water. Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain, then return to the saucepan with the **butter**. Stir to combine and cover to keep warm.

4



Serve up

- Divide rapid butter rice and Japanese-style beef and pumpkin katsu curry between bowls.
- Garnish with **crispy shallots** to serve. Enjoy!

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