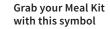
Masala Beef & Potato Curry

with Garlic Flatbread & Yoghurt

TAKEAWAY FAVES











Potato



Beef Strips



Mumbai Spice Blend

Masala Paste





Curry Powder



Flatbreads



Greek-Style Yoghurt



Coriander



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

Eat Me Early* *Custom Recipe only Some may say that a potato curry is good in the winter, but with Mumbai spiced beef strips it will be hard to resist. The curry is popping with potato chunks soaking up the coconut sauce with help from flatbreads so not a drop is missed. It's curry any day, every day!

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 · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
potato	2	4		
garlic	3 cloves	6 cloves		
beef strips	1 small packet	2 small packets OR 1 large packet		
Mumbai spice blend	1 sachet	2 sachets		
butter*	20g	40g		
masala paste	1 medium packet	1 large packet		
curry powder	1 sachet	2 sachets		
coconut milk	1 medium packet	2 medium packets		
water*	½ cup	1 cup		
brown sugar*	1 tsp	2 tsp		
flatbreads	2	4		
Greek-style yoghurt	1 medium packet	1 large packet		
coriander	1 bag	1 bag		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3467kJ (829Cal)	501kJ (120Cal)
Protein (g)	46.8g	6.8g
Fat, total (g)	43.5g	6.3g
- saturated (g)	25.4g	3.7g
Carbohydrate (g)	93.2g	13.5g
- sugars (g)	23.3g	3.4g
Sodium (mg)	1054mg	152mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3415kJ (816Cal)	470kJ (112Cal)
Protein (g)	51.2g	7g
Fat, total (g)	40.4g	5.6g
- saturated (g)	23.7g	3.3g
Carbohydrate (g)	94g	12.9g
- sugars (g)	23.3g	3.2g
Sodium (mg)	1103mg	152mg

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

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Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut carrot and potato into bite-sized chunks.
- Place veggies 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.



Get prepped

- Meanwhile, finely chop garlic. Discard liquid from beef strips packaging.
- In a medium bowl, combine Mumbai spice blend, a drizzle of olive oil and a pinch of salt and pepper. Add beef strips and toss to coat.
- In a small microwave-safe bowl, add the butter and half the garlic, then microwave in 10 second bursts, until melted. Season and set aside.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks. Combine with spice blend as above.



Cook the beef

- When the veggies have 10 minutes remaining, heat a large frying pan over high heat with a drizzle of olive oil.
- When oil is hot, cook beef strips in batches, tossing, until browned and cooked through,
 1-2 minutes. Transfer to a plate.

TIP: Cooking the meat in batches over a high heat helps it stay tender.

Custom Recipe: Heat the frying pan as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl.



Cook the curry

- Wipe out the frying pan, then return to medium heat with a drizzle of olive oil.
- Cook masala paste, curry powder and the remaining garlic until fragrant, 1 minute.
- Add coconut milk, the water and brown sugar. Stir to combine and simmer until slightly reduced, 2-3 minutes.
- Remove from heat, then stir through **beef strips** and **roasted veggies**. Season to taste.

Custom Recipe: Stir chicken through along with the roasted veggies.



Bake the flatbreads

- While the curry is cooking, place flatbreads on the lined oven tray.
- Drizzle (or brush) garlic butter over flatbreads.
 Bake until warmed through and lightly golden,
 4-7 minutes.



Serve up

- Divide Masala beef and potato curry between bowls.
- Top with Greek-style yoghurt and tear over coriander.
- Serve with garlic flatbreads. Enjoy!



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