

Masala Beef & Potato Curry

with Garlic Flatbread & Yoghurt

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Carrot



Potato



Garlic



Beef Strips



Mumbai Spice Blend



Masala Paste



Curry Powder



Coconut Milk



Flatbreads



Greek-Style Yoghurt




Coriander



Chicken Breast

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!

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 · Large frying pan

Ingredients

	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

2023 | CW44



1



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**.

4



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.

2



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.

5



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**.

3



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.

6



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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