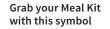


Indian Coconut Beef & Garlic Rice Bowl

with Parsley Yoghurt & Cucumber Salsa

TAKEAWAY FAVES

BESTSELLER











Parsley







Baby Spinach



Cucumber

Leaves



Beef Strips





Mumbai Spice Blend



Coconut Milk





Prep in: 30-40 mins Ready in: 40-50 mins We're bringing three flavour powerhouses to your place tonight – Mumbai-style spices, fresh herbs and aromatic garlic. These ingredients just so happen to have the magical touch, creating a dinner that's so tasty you'll hardly believe you made it yourself! **Pantry items**

Olive Oil, Butter, White Wine Vinegar

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

Medium saucepan with a lid · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
butter*	20g	40g		
water*	1½ cups	3 cups		
basmati rice	1 packet	1 packet		
parsley	1 bag	1 bag		
Greek-style yoghurt	1 medium packet	1 large packet		
baby spinach leaves	1 small bag	1 medium bag		
cucumber	1 (medium)	1 (large)		
white wine vinegar*	drizzle	drizzle		
beef strips	1 small packet	2 small packets OR 1 large packet		
mild North Indian spice blend	1 sachet	1 sachet		
Mumbai spice blend	1 sachet	2 sachets		
coconut milk	1 medium packet	2 medium packets		
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)	2992kJ (715Cal)	638kJ (152Cal)
Protein (g)	40.6g	8.7g
Fat, total (g)	40g	8.5g
- saturated (g)	25.4g	5.4g
Carbohydrate (g)	77.2g	16.5g
- sugars (g)	8.8g	1.9g
Sodium (mg)	737mg	157mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3788kJ (905Cal)	637kJ (152Cal)
Protein (g)	69.3g	11.7g
Fat, total (g)	48.4g	8.1g
- saturated (g)	28.7g	4.8g
Carbohydrate (g)	77.2g	13g
- sugars (g)	8.8g	1.5g
Sodium (mg)	787mg	132mg

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** | CW45





Cook the garlic rice

- Finely chop garlic. In a medium saucepan, heat the butter with a dash of olive oil over medium-high heat. Cook garlic until fragrant, 1 minute.
- Add the water and a pinch of salt. Bring to the boil, then add basmati rice. Stir, then 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!



Make the parsley yoghurt

- Meanwhile, roughly chop parsley (reserve some for garnish).
- In a small bowl, combine Greek-style yoghurt and half the parsley. Season with salt and pepper and mix well. Set aside.



Make the salsa

- Roughly chop baby spinach leaves and cucumber.
- In a medium bowl, combine cucumber, baby spinach and a drizzle of white wine vinegar and olive oil. Season to taste and stir to combine. Set aside.



Cook the beef

- In a second medium bowl, combine beef strips, mild North Indian spice blend, a drizzle of olive oil and a pinch of salt and pepper.
- 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 bowl.

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

Custom Recipe: If you've doubled your beef strips, prep beef in a large bowl. Heat the pan as above and cook in batches for the best results.



Cook the sauce

- Return the frying pan to medium heat with a drizzle of olive oil. Cook Mumbai spice blend until fragrant, 1 minute.
- Add coconut milk and a splash of water, then bring to the boil. Reduce heat to medium-low and simmer until thickened slightly,
 1-2 minutes.
- Return the **beef** (plus any resting juices) to the pan and stir to coat. Season to taste.



Serve up

- Divide garlic rice and Indian coconut beef between bowls.
- · Garnish with remaining parsley.
- Serve with parsley yoghurt and cucumber salsa.
 Enjoy!

Rate your recipe

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