



# Indian Coconut Beef & Garlic Rice Bowl

with Parsley Yoghurt & Cucumber Salsa

TAKEAWAY FAVES

BESTSELLER

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Parsley



Greek-Style Yoghurt



Baby Spinach Leaves



Cucumber



Beef Strips



Mild North Indian Spice Blend



Mumbai Spice Blend



Coconut Milk



Beef Strips

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!

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

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
<b>water*</b>	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)
<b>white wine vinegar*</b>	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](https://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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1



## 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!

4



## 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.

2



## 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.

5



## 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.

3



## 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.

6



## 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

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)