



Apricot-Glazed Mumbai Beef & Garlic Yoghurt with Carrot Freekeh & Almonds

EXPLORER

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Garlic



Carrot



Freekeh



Vegetable Stock Powder



Baby Spinach Leaves



Beef Strips



Mumbai Spice Blend



Flaked Almonds



Greek-Style Yoghurt



Apricot Sauce



Beef Strips

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

Calorie Smart*

*Custom recipe is not Calorie Smart

There's something for everyone in this bowl. If you've got a sweet tooth, an apricot glaze will be very satisfying or if you fancy a bit of bite, a garlic yoghurt goes well with tender beef strips, for those needing a bit of meat on their forks. We know you freekeh fans will love this one tossed with carrot. You can't go wrong!

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

Pantry items

Olive Oil, 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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
carrot	1	2
freekeh	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	1 large bag
beef strips	1 small packet	2 small packets OR 1 large packet
Mumbai spice blend	1 sachet	2 sachets
flaked almonds	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
apricot sauce	1 packet	1 packet
white wine vinegar*	drizzle	drizzle
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)	2323kJ (555Cal)	619kJ (148Cal)
Protein (g)	40.9g	10.9g
Fat, total (g)	20g	5.3g
- saturated (g)	6.1g	1.6g
Carbohydrate (g)	51.6g	13.8g
- sugars (g)	17.4g	4.6g
Sodium (mg)	826mg	220mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3120kJ (746Cal)	624kJ (149Cal)
Protein (g)	69.7g	13.9g
Fat, total (g)	28.4g	5.7g
- saturated (g)	9.4g	1.9g
Carbohydrate (g)	51.6g	10.3g
- sugars (g)	17.4g	3.5g
Sodium (mg)	876mg	175mg

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 | CW47



1



Start the freekeh

- Finely chop **garlic**. Grate the **carrot**.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **freekeh**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with water, then add a good pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **30-35 minutes**.
- Drain, rinse and set aside.

TIP: The freekeh is cooked when it has softened but still retains some bite.

4



Make the garlic yoghurt

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook the remaining **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste.

2



Finish the freekeh

- Return the saucepan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and half the **garlic**, stirring, until softened, **2-3 minutes**. Remove from heat.
- Return **freekeh** to the saucepan with **carrot**, then add **vegetable stock powder** and stir to combine. Set aside.

5



Cook the beef

- When the freekeh has **5 minutes** remaining, return frying pan to 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**.
- Remove pan from heat, then add **apricot sauce** and a splash of **water**. Toss **beef** to coat.
- To the pan with **freekeh**, add **baby spinach** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste and stir to combine.

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

Custom Recipe: Cook beef strips in batches for the best results. Return all beef to the pan before adding apricot sauce and a splash of water as above. Continue as above.

3



Get prepped

- Meanwhile, roughly chop **baby spinach leaves**.
- In a medium bowl, combine **beef strips**, **Mumbai spice blend**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Set aside.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.

Custom Recipe: If you've doubled your beef strips, prep the beef in a large bowl.

6



Serve up

- Divide carrot freekeh between plates.
- Top with apricot-glazed Mumbai beef.
- Garnish with toasted almonds. Serve with garlic yoghurt. Enjoy!

Rate your recipe

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