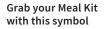


Mild Coconut Beef & Veggie Curry

with Garlic Rice

















Carrot



Beef Strips





Broccoli Florets

Indian Spice Blend



Mild Curry Paste



Vegetable Stock



Light Coconut



Prep in: 20-30 mins Ready in: 25-35 mins This creamy coconut beef curry will add the spice you never knew you needed to your night. It's filled to the brim with bright veggies and a fragrant garlic rice to soak everything up.

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

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	3 cloves	6 cloves	
butter*	20g	40g	
basmati rice	1 packet	1 packet	
water* (for the rice)	1½ cups	3 cups	
carrot	1	2	
beef strips	1 small packet	2 small packets OR 1 large packet	
broccoli florets	1 bag (200g)	1 bag (400g)	
mild North Indian spice blend	1 sachet	1 sachet	
mild curry paste	1 medium packet	1 large packet	
brown sugar*	1 tsp	2 tsp	
vegetable stock powder	1 medium sachet	1 large sachet	
water* (for the curry)	2 tbs	1/4 cup	
light coconut milk	1 small packet	1 medium packet	
beef strips**	1 small packet	2 small packets OR 1 large packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
2963kJ (708Cal)	516kJ (123Cal)
44g	7.7g
38.6g	6.7g
23.7g	4.1g
85.5g	14.9g
14.8g	2.6g
1299mg	226mg
	2963kJ (708Cal) 44g 38.6g 23.7g 85.5g 14.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3760kJ (899Cal)	538kJ (129Cal)
Protein (g)	72.8g	10.4g
Fat, total (g)	47g	6.7g
- saturated (g)	27g	3.9g
Carbohydrate (g)	85.5g	12.2g
- sugars (g)	14.8g	2.1g
Sodium (mg)	1349mg	193mg

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





Cook the garlic rice

- Finely chop garlic.
- In a medium saucepan, heat half the butter with a dash of olive oil over medium heat. Cook half the garlic until fragrant, 1-2 minutes.
- Add basmati rice, the water (for the rice) and a generous pinch of salt, stir, then bring to the boil.
- 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!



Finish the curry

- Return the pan to medium-high heat with a drizzle of olive oil. Cook carrot and broccoli florets until tender, 4-5 minutes.
- Add mild North Indian spice blend, mild curry paste and remaining garlic and cook until fragrant, 1 minute.
- Add the brown sugar, vegetable stock powder, water (for the curry), light coconut milk and remaining butter and cook until slightly thickened,
 2-3 minutes.
- Return **beef** to the pan and stir to combine. Season to taste.

TIP: Add a splash of water if the curry is too thick!



Brown the beef

- Meanwhile, thinly slice carrot into half-moons.
- Heat a large frying pan over high heat with a drizzle of olive oil. When oil is hot, cook beef strips in batches until browned and cooked through,
 1-2 minutes. Transfer to a plate.

Custom Recipe: If you've doubled your beef strips, cook in batches for the best results.



Serve up

- · Divide garlic rice between bowls.
- Top with mild coconut beef and veggie curry to serve. Enjoy!

Rate your recipe

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