



Mild Coconut Beef & Veggie Curry

with Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Beef Strips



Broccoli Florets



Mild North Indian Spice Blend



Mild Curry Paste



Vegetable Stock Powder



Light Coconut Milk



Beef Strips

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.

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

Medium saucepan with a lid · Large frying pan

Ingredients

	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	¼ 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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2963kJ (708Cal)	516kJ (123Cal)
Protein (g)	44g	7.7g
Fat, total (g)	38.6g	6.7g
- saturated (g)	23.7g	4.1g
Carbohydrate (g)	85.5g	14.9g
- sugars (g)	14.8g	2.6g
Sodium (mg)	1299mg	226mg

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

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1



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!

3



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!

2



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.

4



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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