



Easy Hearty Beef & Capsicum Goulash

with Rapid Rice & Sour Cream

NEW

Grab your Meal Kit with this symbol



Basmati Rice



Capsicum



Garlic



Beef Strips



Soffritto Mix



Tomato Paste



Aussie Spice Blend



Baby Spinach Leaves



Beef-Style Stock Powder



Sour Cream



Beef Rump

Prep in: 10-20 mins
Ready in: 25-35 mins

No matter the weather, a hearty goulash with spiced beef and veggies will go down a treat. Enjoy it with fluffy rice to soak up all the sauce and a dollop of sour cream on top to give it those cooler tones. It's a warm, comforting hug in a bowl!

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

Pantry items

Olive Oil, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
capsicum	1	2
garlic	2 cloves	4 cloves
beef strips	1 small packet	2 small packets OR 1 large packet
soffritto mix	1 packet (150g)	1 packet (300g)
tomato paste	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
beef-style stock powder	1 medium sachet	1 large sachet
water*	¾ cup	1½ cups
brown sugar*	1 tsp	2 tsp
sour cream	1 medium packet	1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2757kJ (659Cal)	610kJ (146Cal)
Protein (g)	40g	8.8g
Fat, total (g)	18.1g	4g
- saturated (g)	10.2g	2.3g
Carbohydrate (g)	78.7g	17.4g
- sugars (g)	15.8g	3.5g
Sodium (mg)	1168mg	258mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2775kJ (663Cal)	582kJ (139Cal)
Protein (g)	43.1g	9g
Fat, total (g)	17.2g	3.6g
- saturated (g)	10.9g	2.3g
Carbohydrate (g)	78.7g	16.5g
- sugars (g)	15.8g	3.3g
Sodium (mg)	1192mg	250mg

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

2024 | CW04



1



Make the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**.
- Drain and set aside.

3



Cook the sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **capsicum** and **soffritto mix** until tender, **5-6 minutes**. Add **garlic**, **tomato paste** and **Aussie spice blend**, and cook until fragrant, **1-2 minutes**.
- Reduce heat to medium, then add **baby spinach leaves**, **beef-style stock powder**, the **water** and **brown sugar**, and simmer until slightly reduced, **1-2 minutes**. Remove pan from heat and stir through **beef**.

Custom Recipe: Slice beef rump before returning to the pan.

2



Cook the beef

- Meanwhile, thinly slice **capsicum**. Finely chop **garlic**. Discard any liquid from **beef strips** packaging.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips** with a pinch of **salt** and **pepper** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

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

Custom Recipe: If you've swapped to beef rump, place beef rump between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened. Season with salt and pepper. Heat the frying pan as above. When the oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

4



Serve up

- Divide rapid rice between bowls. Top with beef and capsicum goulash.
- Dollop over **sour cream**. Enjoy!

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