

Easy Hearty Beef & Capsicum Goulash with Rapid Rice & Sour Cream

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Beef Strips





Tomato Paste

Soffritto Mix



Aussie Spice



Blend



Beef-Style Stock Powder





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!

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.

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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.



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.

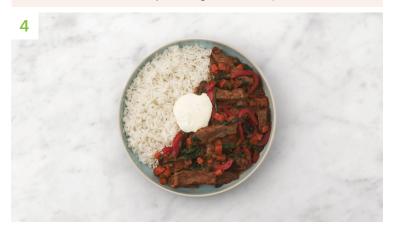


Cook the beef

- 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.



Serve up

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

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