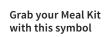


Sri Lankan Spiced Beef Curry with Garlic Rice & Crushed Peanuts

NEW













Carrot

Broccoli Florets





Beef Mince

Spice Blend



Tomato Paste

Coconut Milk





Beef-Style Stock Powder

Crushed Peanuts





Prep in: 20-30 mins Ready in: 25-35 mins A good dinner is one where your mouth starts watering from the delicious aromas before you've even served up. The tender beef, Sri Lankan spices and tomato-based curry sauce will fill your kitchen with delectable scents in no time. There won't be any waiting around to dig in when dinner is served - it's too irresistible!

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

| 9 | | | | |
|----------------------------|-----------------|---------------------------------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | refer to method | refer to method | | |
| garlic | 3 cloves | 6 cloves | | |
| butter* | 20g | 40g | | |
| basmati rice | 1 medium packet | 1 large packet | | |
| water* | 1½ cups | 3 cups | | |
| carrot | 1 | 2 | | |
| broccoli florets | 1 medium packet | 1 large packet | | |
| beef mince | 1 medium packet | 2 medium packets OR 1 large packet | | |
| Sri Lankan spice blend | 1 medium sachet | 1 large sachet | | |
| tomato paste | ½ packet | 1 packet | | |
| coconut milk | 1 medium packet | 2 medium packets | | |
| beef-style stock powder | 1 medium sachet | 1 large sachet | | |
| brown sugar* | 1 tsp | 2 tsp | | |
| crushed peanuts | 1 packet | 2 packets | | |
| pork mince** | 1 medium packet | 2 medium packets OR 1 large packet | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|-----------------------|
| Energy (kJ) | 3233kJ (773Cal) | 642kJ (153Cal) |
| Protein (g) | 45.4g | 9g |
| Fat, total (g) | 42.3g | 8.4g |
| - saturated (g) | 24g | 4.8g |
| Carbohydrate (g) | 74g | 14.7g |
| - sugars (g) | 6.6g | 1.3g |
| Sodium (mg) | 870mg | 173mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------------|----------------|
| Energy (kJ) | 2942kJ (703Cal) | 584kJ (140Cal) |
| Protein (g) | 41.2g | 8.2g |
| Fat, total (g) | 37.8g | 7.5g |
| - saturated (g) | 21.1g | 4.2g |
| Carbohydrate (g) | 74g | 14.7g |
| - sugars (g) | 6.6g | 1.3g |
| Sodium (mg) | 891mg | 177mg |

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 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 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!



Make the curry

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook beef mince, breaking up with a spoon, until just browned, 3-4 minutes.
- Add Sri Lankan spice blend, tomato paste (see ingredients) and remaining garlic and cook until fragrant, 1 minute.
- Reduce heat to medium, then add coconut milk, beef-style stock powder, the brown sugar and a splash of water and stir to combine.
- Add **veggies** and cook until slightly thickened, **1-2 minutes**. Season to taste.

Custom Recipe: If you've swapped to pork mince, follow step as above.



Cook the veggies

- Meanwhile, cut carrot into half-moons.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook broccoli florets and carrot, tossing, until tender, 5-7 minutes.
 Transfer to plate and cover to keep warm.



Serve up

- Divide garlic basmati rice between bowls. Top with Sri Lankan-spiced beef and veggie curry.
- Garnish with crushed peanuts to serve. Enjoy!



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