



Sri Lankan Spiced Beef Curry

with Garlic Rice & Crushed Peanuts

NEW



Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Broccoli Florets



Beef Mince



Sri Lankan Spice Blend



Tomato Paste



Coconut Milk



Beef-Style Stock Powder



Crushed Peanuts



Pork Mince

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!

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 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

2024 | CW11



1



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!

3



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.

2



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.

4



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate