



Mild Sri Lankan Beef Curry

with Basmati Rice & Mint

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Tomato



Baby Leaves



Beef Strips



Tomato Paste



Sri Lankan Spice Blend



Coconut Milk



Beef-Style Stock Powder



Mint



Beef Strips

Prep in: 20-30 mins
Ready in: 20-30 mins

Tender beef strips are tossed in a rich, Sri Lankan-spiced curry sauce for an explosion of flavour. This hearty, warming bowl of goodness is a 10 out of 10 in our eyes, with fragrant mint to add the perfect pop of brightness!

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

Pantry items

Olive Oil, Butter, Honey

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
basmati rice	1 medium packet	1 large packet
butter*	20g	40g
carrot	1	2
tomato	1	2
baby leaves	1 medium packet	1 large packet
beef strips	1 medium packet	2 medium packets OR 1 large packet
tomato paste	½ packet	1 packet
Sri Lankan spice blend	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
beef-style stock powder	1 large sachet	2 large sachets
honey*	1 tsp	2 tsp
water*	¼ cup	½ cup
mint	½ large packet	1 large packet
beef strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2929kJ (700Cal)	597kJ (143Cal)
Protein (g)	38.5g	7.8g
Fat, total (g)	38.1g	7.8g
- saturated (g)	24.1g	4.9g
Carbohydrate (g)	76.8g	15.7g
- sugars (g)	10g	2g
Sodium (mg)	1295mg	264mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3726kJ (891Cal)	605kJ (145Cal)
Protein (g)	67.2g	10.9g
Fat, total (g)	46.4g	7.5g
- saturated (g)	27.4g	4.5g
Carbohydrate (g)	76.8g	12.5g
- sugars (g)	10g	1.6g
Sodium (mg)	1345mg	219mg

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 | CW12



1



Cook the rice

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

3



Make the curry sauce

- Return frying pan to medium-high heat, with a drizzle of **olive oil**. Cook **carrot** and **tomato** until tender, **4-5 minutes**.
- Add **tomato paste** (see ingredients) and **Sri Lankan spice blend** and cook until fragrant, **1 minute**.
- Add **baby leaves**, **coconut milk**, **beef-style stock powder**, the **honey** and **water**. Simmer until the sauce has thickened slightly, **2-3 minutes**.
- Return **beef** to pan and season to taste.

2



Cook the beef

- Meanwhile, thinly slice **carrot** into half-moons. Roughly chop **tomato** and **baby leaves**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Discard any liquid from **beef strips** packaging.
- When oil is hot, cook **beef strips** 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 your doubled beef strips, follow steps as above. Cook beef in batches for best results.

4



Serve up

- Divide basmati rice between bowls. Top with mild Sri Lankan beef curry.
- Tear over **mint** (see ingredients) to serve. Enjoy!

Rate your recipe

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