



# Quick Indian Coconut Beef Curry & Garlic Couscous

with Radish Salad & Parsley

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Garlic



Couscous



Tomato



Radish



Carrot



Parsley



Beef Strips



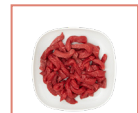
Mild North Indian Spice Blend



Mumbai Spice Blend



Coconut Milk



Beef Strips

### Recipe Update

We've replaced the basmati rice in this recipe with couscous due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins  
Ready in: 25-35 mins

This easy unforgettable Indian beef curry gets the royal treatment with simmered spices, aromatic garlic couscous and a finish of creamy coconut sauce. Who knew something that takes so little effort could be so tasty?

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

### Pantry items

Olive Oil, White Wine Vinegar

## 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
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>water*</b>	1½ cups	3 cups
couscous	1 medium packet	1 large packet
tomato	1	2
radish	2	4
carrot	½	1
parsley	1 packet	1 packet
<b>white wine vinegar*</b>	drizzle	drizzle
beef strips	1 medium packet	2 medium packets OR 1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
Mumbai spice blend	1 medium sachet	2 medium sachets
coconut milk	1 medium packet	2 medium packets
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)	3209kJ (766Cal)	678kJ (162Cal)
Protein (g)	44.1g	9.3g
Fat, total (g)	39.7g	8.4g
- saturated (g)	24.3g	5.1g
Carbohydrate (g)	84.3g	17.8g
- sugars (g)	10.4g	2.2g
Sodium (mg)	720mg	152mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4006kJ (957Cal)	670kJ (160Cal)
Protein (g)	72.9g	12.2g
Fat, total (g)	48g	8g
- saturated (g)	27.6g	4.6g
Carbohydrate (g)	84.3g	14.1g
- sugars (g)	10.4g	1.7g
Sodium (mg)	770mg	129mg

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](https://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



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## Cook the garlic couscous

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook half the **garlic** until fragrant, **1 minute**. Add the **water** and bring to the boil. Add **couscous** and stir to combine.
- Cover with a lid and remove from heat. Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork and season to taste.

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## Cook the beef & sauce

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips**, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a bowl.
- Return the frying pan to medium heat with a drizzle of **olive oil**. Cook **Mumbai spice blend** and remaining **garlic** until fragrant, **1 minute**.
- Add **coconut milk** and a splash of **water**, then bring to the boil. Reduce heat to medium-low and simmer until slightly thickened, **1-2 minutes**.
- Return **beef** (plus any resting juices) to the pan and stir to combine. Season to taste.

**Custom Recipe:** Cook beef strips in batches for best results.

2



## Get prepped

- Meanwhile, roughly chop **tomato**. Thinly slice **radish**. Grate **carrot** (**see ingredients**). Finely chop **parsley** (reserve some for garnish).
- In a medium bowl, combine **tomato**, **radish**, **carrot** and **coriander**. Add a drizzle of **white wine vinegar** and **olive oil**. Season to taste and stir to combine. Set aside.
- In a second medium bowl, combine **beef strips**, **mild North Indian spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

**Custom Recipe:** If you've doubled your beef strips, flavour in a large bowl.

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## Serve up

- Divide garlic couscous between bowls. Top with Indian coconut beef curry.
- Garnish with reserved parsley. Serve with radish salad. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)