



# Indian Coconut Beef Curry & Garlic Rice

with Radish Salad & Coriander

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Tomato



Radish



Carrot



Coriander



Beef Strips



Mild North Indian Spice Blend



Mumbai Spice Blend



Coconut Milk



Beef Strips

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 rice 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, Butter, 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>butter*</b>	20g	40g
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
tomato	1	2
radish	2	4
carrot	½	1
coriander	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)	2883kJ (689Cal)	636kJ (152Cal)
Protein (g)	37.6g	8.3g
Fat, total (g)	37.8g	8.3g
- saturated (g)	24g	5.3g
Carbohydrate (g)	75.3g	16.6g
- sugars (g)	8.5g	1.9g
Sodium (mg)	720mg	159mg
Dietary Fibre (g)	7.5g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3680kJ (880Cal)	636kJ (152Cal)
Protein (g)	66.4g	11.5g
Fat, total (g)	46.1g	8g
- saturated (g)	27.3g	4.7g
Carbohydrate (g)	75.3g	13g
- sugars (g)	8.5g	1.5g
Sodium (mg)	770mg	133mg
Dietary fibre (g)	7.5g	1.3g

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

2024 | CW17



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## Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium-high heat. Cook half the **garlic** until fragrant, **1 minute**. Add the **water** and a pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!

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## Cook the beef

- 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 the beef in batches for best results.

2



## Make the salad

- Meanwhile, roughly chop **tomato**. Thinly slice **radish**. Grate **carrot** (see **ingredients**). Finely chop **coriander** (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 rice between bowls. Top with Indian coconut beef curry.
- Serve with radish salad. Garnish with reserved coriander. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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