



Indian Beef & Veggie Curry

with Jasmine Rice & Crushed Peanuts

NEW



Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Leek



Courgette



Beef Strips



Mild North Indian Spice Blend



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Crushed Peanuts



Chicken Breast Strips

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

Eat Me Early*
*Custom Recipe only

Rich, creamy and aromatic – this dish has all the elements of your favourite Indian curry! An array of colourful veggies have been cooked in fragrant spices before being mellowed out with coconut milk. Toss through tender beef strips for a protein hit and you've got a super-satiating and heart-warming meal.

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

Pantry items

Olive Oil, Soy Sauce

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 medium packet	1 large packet
carrot	1	2
leek	1	2
courgette	1	2
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
tomato paste	1 packet	2 packets
soy sauce*	1 tsp	2 tsp
coconut milk	1 medium packet	2 medium packets
water*	½ cup	¾ cup
crushed peanuts	1 medium packet	2 medium packets
chicken breast 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)	2965kJ (709Cal)	496kJ (119Cal)
Protein (g)	44.1g	7.4g
Fat, total (g)	32.9g	5.5g
- saturated (g)	19.6g	3.3g
Carbohydrate (g)	84.1g	14.1g
- sugars (g)	14.3g	2.4g
Sodium (mg)	982mg	164mg
Dietary Fibre (g)	10.8g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2915kJ (697Cal)	461kJ (110Cal)
Protein (g)	47.8g	7.6g
Fat, total (g)	29.8g	4.7g
- saturated (g)	17.9g	2.8g
Carbohydrate (g)	84.9g	13.4g
- sugars (g)	15.1g	2.4g
Sodium (mg)	1014mg	160mg
Dietary fibre	10.8g	1.7g

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 | CW22



Get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** to the saucepan with a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain and set aside.
- Meanwhile, finely chop **carrot** into half-moons. Thinly slice **leek**. Slice **courgette** into half-moons.

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



Make the curry

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot**, **courgette** and **leek** until softened, **5-6 minutes**.
- Add **mild North Indian spice blend**, **Mumbai spice blend** and **tomato paste**, and cook until fragrant, **1 minute**.
- Add the **soy sauce**, **coconut milk** and **water** and stir to combine. Simmer the **curry** until thickened, **2-3 minutes**. Return **beef** and stir, **2-3 minutes**.

Custom Recipe: Return chicken to pan after the curry has thickened, stirring, 2-3 minutes.



Cook the beef strips

- Discard any liquid from **beef strips** packaging. In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Season with **salt** and transfer to a plate.

TIP: Cooking the meat in batches over a high heat helps it stay tender.

Custom Recipe: If you've swapped to chicken breast strips, heat frying pan over medium-high heat with a drizzle of olive oil. Cook chicken strips until browned and cooked through (when no longer pink inside), 3-4 minutes each side. Season with salt and transfer to a plate.



Serve up

- Divide jasmine rice between bowls and top with Indian beef and veggie curry.
- Garnish with **crushed peanuts** to serve. Enjoy!

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