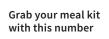


Easy Mumbai Beef Chuck & Coconut Curry with Garlic Rice & Coriander

SLOW-COOKER FRIENDLY

















Mumbai Spice



Beef Chuck





Tomato Paste





Beef-Style





Jasmine Rice





Coriander

Prep in: 15-25 mins Ready in: 4 hrs - 5 hrs 10 mins

Good things come to those who wait, and this meal is well worth the time put in. Hours in the slow cooker transform beef chuck into a meltingly tender delight, taking on the flavours of warm, aromatic spices and mild coconut milk. Trust us, tonight's dinner is one you won't forget.

Pantry items Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan \cdot Slow cooker \cdot Medium saucepan with a lid

Ingredients

3		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
onion	1/2	1
beef chuck roll	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
mild North Indian spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
coconut milk	1 medium packet	2 medium packets
water* (for the curry)	3/4 cup	1½ cups
beef-style stock powder	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
coriander	1 packet	1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2789kJ (667Cal)	473kJ (113Cal)
Protein (g)	41.8g	7.1g
Fat, total (g)	27g	4.6g
- saturated (g)	17.1g	2.9g
Carbohydrate (g)	93.9g	15.9g
- sugars (g)	15.2g	2.6g
Sodium (mg)	1282mg	217mg
Dietary Fibre (g)	13.3g	2.3g
- saturated (g) Carbohydrate (g) - sugars (g) Sodium (mg)	17.1g 93.9g 15.2g 1282mg	2.9g 15.9g 2.6g 217mg

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.



Get prepped

- Cut carrot and parsnip into bite-size chunks. Finely chop onion (see ingredients).
- Cut beef chuck into 3cm chunks.
- In a large frying pan, heat a drizzle of olive oil over high heat. Add beef chuck and cook, until browned on all sides, 3-4 minutes.



Make the garlic rice

- When the curry has 20 minutes remaining, finely chop garlic.
- In a medium saucepan, heat the butter with a dash of olive oil over medium heat. Cook remaining garlic until fragrant, 1-2 minutes.
- Add **jasmine rice**, the **water (for the rice)** and a generous pinch of **salt**, stir, then bring to boil. Reduce heat to low and cover with a lid.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and the water is absorbed, **10-15 minutes**.



Make the curry

- Add Mumbai spice blend, mild North Indian spice blend and tomato paste, then cook until fragrant, 1-2 minutes.
- Transfer beef chuck, veggies, coconut milk, the water (for the curry) and beef-style stock powder to slow cooker and set temperature to high.
- Place lid on slow cooker and cook until beef is tender 4-5 hours.

TIP: If you don't have a slow cooker, preheat oven to 200°C/180°C fan-forced. Transfer mixture to an ovenproof saucepan, cover with lid (or tightly with foil) and bake until beef is tender, 90 minutes.



Serve up

- Divide garlic rice between bowls.
- · Top with Mumbai beef and coconut curry.
- Tear over coriander to serve. Enjoy!



