



Easy Mumbai Beef Chuck & Coconut Curry

with Garlic Rice & Coriander

SLOW-COOKER FRIENDLY

NEW

Grab your meal kit with this number

32



Carrot



Parsnip



Onion



Beef Chuck Roll



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Coconut Milk



Beef-Style Stock Powder



Garlic



Jasmine Rice



Coriander



Shredded Cheddar



Chicken Breast

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 · Slow cooker · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
onion	½	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)	¾ 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

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 | CW28



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**.

CUSTOM OPTIONS

+ **ADD SHREDDED CHEDDAR**
Sprinkle over before serving.

↻ **SWAP TO CHICKEN BREAST**
Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.



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!