



Quick Indian Coconut Beef Curry & Garlic Rice

with Tomato Salad & Coriander

FEEL-GOOD TAKEAWAY

Grab your meal kit with this number

30



Garlic



Jasmine Rice



Tomato



Carrot



Coriander



Beef Strips



Mild North Indian Spice Blend



Mumbai Spice Blend



Coconut Milk



Chicken Breast



Beef Strips

Recipe Update

We've replaced the radish in this recipe with tomato 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

Carb Smart

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?

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
tomato	1	1
carrot	½	1
coriander	1 packet	1 packet
white wine vinegar*	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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2142kJ (512Cal)	528kJ (126Cal)
Protein (g)	34.7g	8.6g
Fat, total (g)	38.2g	9.4g
- saturated (g)	24.1g	5.9g
Carbohydrate (g)	36.1g	8.9g
- sugars (g)	7.2g	1.8g
Sodium (mg)	714mg	176mg
Dietary Fibre (g)	5.3g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



Cook the beef

- 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** (and any resting juices) to the pan and stir to combine. Season to taste.



Get prepped

- Meanwhile, cut **tomato** into 2cm wedges. Grate **carrot** (see ingredients). Finely chop **coriander** (reserve some for garnish).
- In a medium bowl, combine **radish**, **carrot** and **coriander**. Add a drizzle of **white wine vinegar** and **olive oil**. Season to taste and stir to combine.
- 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**.
- 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.



Serve up

- Divide garlic rice between bowls.
- Top with Indian coconut beef curry and tomato salad.
- Garnish with reserved coriander. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.

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

