



# Indian Coconut Beef & Garlic Rice

with Parsley Yoghurt & Cucumber Salsa

TAKEAWAY FAVES

HELLOHERO

Grab your meal kit with this number

22



Garlic



Jasmine Rice



Parsley



Greek-Style Yoghurt



Baby Leaves



Cucumber



Beef Strips



Mild North Indian Spice Blend



Mumbai Spice Blend



Coconut Milk



Beef Strips



Beef Rump

Prep in: 30-40 mins  
Ready in: 40-50 mins



Protein Rich



Carb Smart

We're bringing three flavour powerhouses to your place tonight - Mumbai-style spices, fresh herbs and aromatic garlic. These ingredients just so happen to have the magical touch, creating a dinner that's so tasty you'll hardly believe you made it yourself!

### 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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
parsley	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
cucumber	1 (medium)	1 (large)
<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 sachet	2 sachets
coconut milk	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2062kJ (493cal)	230kJ (55cal)
Protein (g)	36.4g	4.1g
Fat, total (g)	37.9g	4.2g
- saturated (g)	24.3g	2.7g
Carbohydrate (g)	29.8g	3.3g
- sugars (g)	6.4g	0.7g
Sodium (mg)	916mg	102mg
Dietary Fibre (g)	3.8g	0.4g

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.

1



## 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 **garlic** until fragrant, **1 minute**.
- Add the **water** and a pinch of **salt**. Bring to the boil, then add **jasmine rice**. Stir, then 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 water is absorbed, **10-15 minutes**.

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

2



## Make the parsley yoghurt

- Meanwhile, roughly chop **parsley**.
- In a small bowl, combine **Greek-style yoghurt** and half the **parsley**. Season with **salt** and **pepper** and mix well. Set aside.

3



## Make the salsa

- Roughly chop **baby leaves** and **cucumber**.
- In a medium bowl, combine **cucumber**, **baby leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste and stir to combine. Set aside.

4



## Cook the beef

- 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** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a bowl.

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

5



## Cook the sauce

- Return the frying pan to medium heat with a drizzle of **olive oil**. Cook **Mumbai spice blend** 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 thickened slightly, **1-2 minutes**.
- Return the **beef** (plus any resting juices) to the pan and stir to coat. Season to taste.

6



## Serve up

- Divide garlic rice and Indian coconut beef between bowls.
- Garnish with remaining parsley.
- Serve with parsley yoghurt and cucumber salsa. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



### CUSTOM OPTIONS

**+** **DOUBLE BEEF STRIPS**  
Follow method above.

**↻** **SWAP TO BEEF RUMP**  
In a large frying pan, cook with a drizzle of olive oil, turning, for 4-6 minutes for medium. Transfer to a plate to rest. Slice and drizzle over sauce before serving.

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

