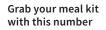


Indian Coconut Beef & Garlic Rice

with Parsley Yoghurt & Cucumber Salsa

TAKEAWAY FAVES

HELLOHERO

















Mild North Indian Spice Blend



Mumbai Spice



Blend

Coconut Milk







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

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

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	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	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)
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 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** 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 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!



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.



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.



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



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.



Serve up

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



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.

