

# One-Pot Indian Beef & Potato Curry

with Flatbreads & Parsley

NEW



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Potato





Celery

**Beef Strips** 





Mumbai Spice Blend

Indian Spice Blend



Vegetable Stock Coconut Milk Powder





Flatbreads







Prep in: 15-25 mins Ready in: 30-40 mins



**Protein Rich** 

This aromatic dish features tender beef and hearty potatoes simmered in a rich, flavourful sauce bursting with exotic spices. Each spoonful delivers a perfect balance of heat and warmth, making it an irresistible comfort food.

**Pantry items** Olive Oil

#### 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 saucepan

### Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
potato	1	2	
celery	1 stalk	2 stalks	
beef strips	1 medium packet	2 medium packets OR 1 large packet	
Mumbai spice blend	1 sachet	2 sachets	
mild North Indian spice blend	1 medium sachet	1 large sachet	
coconut milk	1 medium packet	2 medium packets	
water*	1½ cups	3 cups	
vegetable stock powder	1 medium sachet	1 large sachet	
flatbreads	2	4	
parsley	1 packet	1 packet	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3064kJ (732cal)	282kJ (67cal)
Protein (g)	39.7g	3.7g
Fat, total (g)	33.4g	3.1g
- saturated (g)	17.1g	1.6g
Carbohydrate (g)	67.6g	6.2g
- sugars (g)	15.8g	1.5g
Sodium (mg)	3189mg	293.4mg
Dietary Fibre (g)	6.3g	0.6g

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 potato into bite-sized chunks.
- · Thinly slice celery.
- Discard any liquid from **beef strips** packaging.



## Cook the beef & veggies

- In a large saucepan, 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 and cover to keep warm.
- Return saucepan to medium-high heat with a drizzle of olive oil. Add celery, carrot and potato and cook until tender, 3-4 minutes.
- Add Mumbai spice blend and mild North Indian spice blend and cook until fragrant, 1 minute.
- Add coconut milk, the water and vegetable stock powder, then bring to the boil.



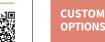
#### Finish the curry

- Reduce heat to medium, then simmer, until veggies are easily pierced with a fork, 15-20 minutes.
- When the veggies are tender, return **beef** to saucepan and stir to combine.
- Before serving, toast or grill flatbread to your liking, then drizzle with olive oil.



#### Serve up

- Divide Indian beef and potato curry between bowls.
- Tear over **parsley** to garnish and serve with toasted flatbreads. Enjoy!



through, 4-6 minutes.

