

One-Pot Indian Beef & Potato Curry

with Flatbreads & Parsley

NEW

Grab your meal kit with this number

11



Carrot



Potato



Celery



Beef Strips



Mumbai Spice Blend



Mild North Indian Spice Blend



Coconut Milk



Vegetable Stock Powder



Flatbreads



Parsley



Chicken Breast



Beef Strips

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

	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

*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.

We're here to help!

Scan here if you have any questions or concerns

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Get prepped

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



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**.

CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

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



DOUBLE BEEF STRIPS

Follow method above.



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.



Serve up

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

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

