

# Mumbai Apricot Beef & Chickpea Bowl

with Roast Veggies, Cucumber Slaw & Yoghurt

NEW

Grab your meal kit with this number

13



Carrot



Potato



Mild North Indian Spice Blend



Chickpeas



Cucumber



Beef Strips



Mumbai Spice Blend



Apricot Sauce



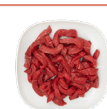
Shredded Cabbage Mix



Greek-Style Yoghurt



Parsley



Beef Strips



Peeled Pumpkin Pieces

Prep in: 25-35 mins  
Ready in: 30-40 mins



Protein Rich



Calorie Smart

These tender beef strips have a sweet side. Coated in warming Mumbai spices and tossed through syrupy apricot sauce, they bring bags of flavour to this meal. If that wasn't enough, dig into spiced roast veggies and chickpeas, topped off with a fresh slaw and cooling yoghurt.

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)



## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
potato	1	2
mild North Indian spice blend	1 medium sachet	1 large sachet
chickpeas	½ tin	1 tin
cucumber	1 (medium)	1 (large)
beef strips	1 medium packet	2 medium packets OR 1 large packet
Mumbai spice blend	1 sachet	2 sachets
apricot sauce	½ medium packet	1 medium packet
shredded cabbage mix	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
parsley	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2013kJ (481Cal)	371kJ (88Cal)
Protein (g)	39.6g	7.3g
Fat, total (g)	15.7g	2.9g
- saturated (g)	4.6g	0.8g
Carbohydrate (g)	42.3g	7.8g
- sugars (g)	23.5g	4.3g
Sodium (mg)	2453mg	452mg
Dietary Fibre (g)	9g	1.7g

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



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **potato** into bite-sized chunks.
- Place **veggies** on a lined oven tray and sprinkle over half the **mild North Indian spice blend**. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

4



## Cook the beef

- Wipe out the frying pan, then return to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Remove pan from heat, then return all **beef** to pan. Add **apricot sauce** (see ingredients) and a splash of **water**. Toss **beef** to coat.

2



## Get prepped

- Meanwhile, drain **chickpeas** (see ingredients). Thinly slice **cucumber**.
- Discard any liquid from **beef strips** packaging.
- In a medium bowl, combine **Mumbai spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **beef strips** and toss to coat. Set aside.

5



## Toss the slaw

- In a large bowl, combine **shredded cabbage mix**, **cucumber** and a drizzle of **vinegar** and **olive oil**. Season to taste.

3



## Cook the chickpeas

- When veggies have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **chickpeas** and remaining **mild North Indian spice blend**, tossing, until warmed through, **2-3 minutes**. Transfer to a bowl.

6



## Serve up

- Divide Mumbai apricot beef, spiced chickpeas, roasted veggies and cucumber slaw between bowls.
- Drizzle with **Greek-style yoghurt**. Tear over **parsley** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



### CUSTOM OPTIONS

- ➕ **DOUBLE BEEF STRIPS**  
Follow method above.

- ➕ **ADD PEELED PUMPKIN PIECES**  
Roast following method above until tender, 20-25 minutes.

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

