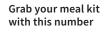


Indian Coconut Beef & Garlic Rice

with Parsley Yoghurt & Cucumber Salad

TAKEAWAY FAVES















Parsley





Baby Leaves

Cucumber







Beef Strips

Mild North Indian Spice Blend





Mumbai Spice Blend

Coconut Milk





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

Carb Smart



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
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)	2123kJ (507cal)	234kJ (56cal)
Protein (g)	36.9g	4.1g
Fat, total (g)	38g	4.2g
- saturated (g)	24.3g	2.7g
Carbohydrate (g)	32.5g	3.6g
- sugars (g)	7.5g	0.8g
Sodium (mg)	2363mg	260.5mg
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 salad

- 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

- Discard any liquid from **beef strips** packaging.
- 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 salad. Enjoy!





DOUBLE BEEF STRIPS

