



Indian Coconut Beef & Garlic Rice

with Parsley Yoghurt & Cucumber Salad

TAKEAWAY FAVES

HELLOHERO

Grab your meal kit with this number

22



Garlic



Jasmine Rice



Parsley



Greek-Style Yoghurt



Baby Leaves



Cucumber



Beef Strips



Mild North Indian Spice Blend



Mumbai Spice Blend



Coconut Milk



Beef Strips



Beef Rump

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



Protein Rich



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

	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.

We're here to help!

Scan here if you have any questions or concerns

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1 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!



4 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.



2 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.



5 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.



3 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.



6 Serve up

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

CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium. Rest then slice before serving.

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

