

# Indian Coconut Beef Curry & Garlic Rice

with Cucumber Salad & Coriander

FEEL-GOOD TAKEAWAY

Grab your meal kit with this number











Cucumber



Carrot





Coriander



Mild North Indian Spice Blend



Blend

Mumbai Spice



Coconut Milk





Prep in: 20-30 mins Ready in: 25-35 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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
carrot	1/2	1
coriander	1 packet	1 packet
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

<sup>\*</sup>Pantry Items

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2067kJ (494cal)	216kJ (52cal)
Protein (g)	34.5g	3.6g
Fat, total (g)	37.8g	3.9g
- saturated (g)	24g	2.5g
Carbohydrate (g)	32.5g	3.4g
- sugars (g)	6g	0.6g
Sodium (mg)	2349mg	245.5mg
Dietary Fibre (g)	4.7g	0.5g

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 half the **garlic** until fragrant, **1 minute**. Add the water and a pinch of salt and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. 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!



## Cook the beef

- Return the frying pan to medium heat with a drizzle of **olive oil**. Cook Mumbai spice blend and remaining garlic 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 slightly thickened, 1-2 minutes.
- Return **beef** (and any resting juices) to the pan and stir to combine. Season to taste.



### Make the salad

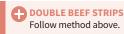
- Meanwhile, thinly slice cucumber into half-moons. Grate carrot (see **ingredients**). Finely chop **coriander** (reserve some for garnish!).
- In a medium bowl, combine **cucumber**, **carrot** and **coriander**. Add a drizzle of white wine vinegar and olive oil. Season to taste and stir to combine.
- 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**, tossing, until browned and cooked through, 1-2 minutes. Transfer to a bowl.



# Serve up

- · Divide garlic rice between bowls.
- Top with Indian coconut beef curry and cucumber salad.
- Garnish with reserved coriander to serve. Enjoy!







through, 4-6 minutes.

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

