



Indian Coconut Beef Curry & Garlic Rice

with Cucumber Salad & Coriander

FEEL-GOOD TAKEAWAY

Grab your meal kit with this number

5



Garlic



Jasmine Rice



Cucumber



Carrot



Coriander



Beef Strips



Mild North Indian Spice Blend



Mumbai Spice Blend



Coconut Milk



Beef Strips



Chicken Breast

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



Protein Rich



Carb Smart

This easy, unforgettable Indian beef curry gets the royal treatment with simmered spices, aromatic garlic rice and a finish of creamy coconut sauce. Who knew something that takes so little effort could be so tasty?

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	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	½	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

*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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



CUSTOM OPTIONS

+ **DOUBLE BEEF STRIPS**
Follow method above.

↻ **SWAP TO CHICKEN BREAST**
Cut into bite-sized pieces. Cook until cooked 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.

