

Coconut Beef Curry & Garlic Rice with Carrot-Cucumber Salsa & Coriander

FEEL-GOOD TAKEAWAY HELLOHERO





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

Carb Smart

Protein Rich

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	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

*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

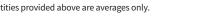
The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

please be aware allergens may have changed.

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Visit hellofresh.co.nz/foodinfo for allergen and ingredient

information. If you have received a substitute ingredient,

Cook the garlic rice

Finely chop garlic.

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- 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!



Make it saucy

- 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 salsa & cook the beef

- 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 carrot-cucumber salsa.
- Garnish with reserved coriander. Enjoy!

We're here to help! Scan here if you have any questions or concerns 2024 | CW45



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.

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

