

Japanese-Style Beef & Golden Curry

with Rapid Butter Rice & Crispy Shallots

TAKEAWAY FAVES

Grab your meal kit with this number

22



Potato



Carrot



Jasmine Rice



Beef Strips



Katsu Paste



Coconut Milk



Baby Leaves



Crispy Shallots



Beef Strips



Diced Chicken

Prep in: 15-25 mins
Ready in: 30-40 mins

Protein Rich

Calorie Smart

The carrot is popping with colour, the beef is bouncing with flavour and the katsu sauce is catching everyone's attention. It sounds like a night we want an invite to, especially with the finishing touch of crispy shallots sprinkled over to set the mood. Tonight is guaranteed to be a bowl of delight!

Pantry items

Olive Oil, Butter

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

Oven tray lined with baking paper · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
jasmine rice	1 medium packet	1 large packet
butter*	20g	40g
beef strips	1 medium packet	2 medium packets OR 1 large packet
katsu paste	1 large packet	2 large packets
water*	½ cup	¾ cup
coconut milk	1 medium packet	2 medium packets
baby leaves	1 medium packet	1 large packet
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2523kJ (603cal)	227kJ (54cal)
Protein (g)	37.5g	3.4g
Fat, total (g)	37.9g	3.4g
- saturated (g)	24.8g	2.2g
Carbohydrate (g)	56.9g	5.1g
- sugars (g)	16.4g	1.5g
Sodium (mg)	1169mg	105.2mg
Dietary Fibre (g)	8.9g	0.8g

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.

1



Roast the veggies

- Preheat oven to **220°C/240°C fan-forced**. Boil the kettle.
- Cut **potato** into small chunks. Roughly chop **carrot** into bite-sized chunks.
- Place **potato** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

3



Make the curry

- When the veggies have **5 minutes** remaining, discard any liquid from **beef strips** packaging.
- 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 plate.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **katsu paste** until fragrant, **1 minute**. Add the **water** and **coconut milk**, stirring, until smooth.
- Remove from heat, then stir in **baby leaves, roasted veggies** and the **beef**, plus any remaining **resting juices**.

2



Cook the rice

- Meanwhile, half-fill a medium saucepan with boiling water. Add **jasmine rice** and a pinch of **salt**. Cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain, then return to the saucepan with the **butter**. Stir to combine and cover to keep warm.

4



Serve up

- Divide rapid butter rice and Japanese-style beef curry between bowls.
- Garnish with **crispy shallots** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW46



CUSTOM OPTIONS

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

↻ **SWAP TO DICED CHICKEN**
Cook until cooked through, 3-4 minutes each side.

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

