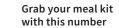


# Japanese-Style Beef & Golden Curry with Rapid Butter Rice & Crispy Shallots

TAKEAWAY FAVES













Jasmine Rice

**Beef Strips** 



Katsu Paste

Coconut Milk





**Baby Leaves** 

Crispy Shallots







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

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*	⅓ cup	⅔ 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

<sup>\*</sup>Pantry Items

#### **Nutrition**

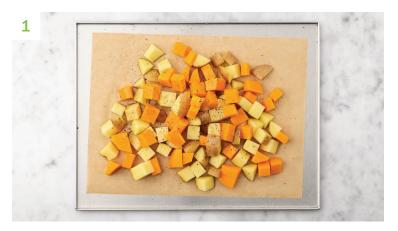
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2523kJ (603cal)	227kJ (54cal)
Protein (g)	37.5g	3.4g
Fat, total (g)	37.9g	3.4g
- saturated (g)	24.8g	2.2g
Carbohydrate (g)	56.9g	5.1g
- sugars (g)	16.4g	1.5g
Sodium (mg)	1169mg	105.2mg
Dietary Fibre (g)	8.9g	0.8g

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.



#### 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.



## Make the curru

- 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.



#### 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.



### Serve up

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







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

