



# Coconut Beef Curry & Garlic Rice

with Carrot-Cucumber Salsa & Coriander

HELLOHERO

FEEL-GOOD TAKEAWAY

Grab your meal kit with this number

5



Garlic



Jasmine Rice



Cucumber



Carrot



Coriander



Beef Strips



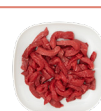
Mild North Indian Spice Blend



Mumbai Spice Blend



Coconut Milk



Beef Strips



Greek-Style Yoghurt

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
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>butter*</b>	20g	40g
<b>water*</b>	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
<b>white wine vinegar*</b>	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)	1046mg	109.3mg
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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



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## 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!

3



## 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.

2



## Make the salsa

- 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.

4



## Serve up

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

**CUSTOM OPTIONS**

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

**+** **ADD GREEK-STYLE YOGHURT**  
Dollop on top before serving.

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

