



Bengali Beef Strip Curry with Rice & Peanuts

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3660kJ (875Cal) | Protein 46.9g | Fat, total 48.3g - saturated 30.8g | Carbohydrate 63.8g - sugars 9.5g | Sodium 1400mg

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Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Beef Strips	1 pkt	1 pkt
Coconut Cream	1 pkt (100g)	2 pkts (200g)

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. Steam



Broccolini



Capsicum

2. Sizzle



Beef Strips



Bengal Curry Paste



Coconut Cream

3. Zap



Microwavable Basmati Rice



Coriander



Crushed Peanuts

- Roughly chop **broccolini**
- Slice **capsicum**
- Heat **olive oil** in a large frying pan over high heat
- Cook **veggies** with a good splash of **water**, tossing, until tender, **4-5 mins**. Season
- Transfer to a bowl

- Return pan to a high heat with **olive oil**. Add **beef** and cook, tossing, until browned, **1-2 mins**
- Add **curry paste** and cook until fragrant, **1-2 mins**
- Add **coconut cream** and simmer until slightly thickened, **1 min**
- Add **veggies** and toss

- Meanwhile, zap **rice** in the microwave until steaming, **2-3 mins**
- Roughly chop **coriander**
- Plate up **rice** and **curry**
- Top with **coriander** and **peanuts**

