



Bengali Beef Strip Curry with Rice & Peanuts

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3407kJ (814Cal) | Protein 48.6g | Fat, total 43.2g - saturated 27.4g | Carbohydrate 54.8g - sugars 10.5g | Sodium 993mg
Spicy (optional Bengal curry paste) | The quantities provided above are averages only.

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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

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.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



Green Beans

- Heat **olive oil** in a frying pan over high heat
- Trim **green beans**
- Cook **green beans** with a good splash of **water**, tossing, until tender, **4-5 mins**
- Transfer to a bowl



2. Sizzle



Beef Strips



Bengal Curry Paste (Spicy)



Garlic Paste



Coconut Cream



Baby Spinach Leaves

- Return pan to high heat with a drizzle of **oil**
- Cook **beef**, tossing, until browned, **1-2 mins**
- Add **curry paste** (use less if desired) and **garlic paste** and cook until fragrant, **1-2 mins**
- Add **coconut cream** and simmer until slightly thickened, **1 min**
- Add **spinach** and stir through until wilted, **1-2 mins**
- Add **green beans** and toss



3. Zap



Microwavable Basmati Rice



Crushed Peanuts



Coriander

- Microwave **rice** until steaming, **2-3 mins**
- Plate up **rice** and **curry**
- Serve topped with **peanuts** and torn **coriander**

