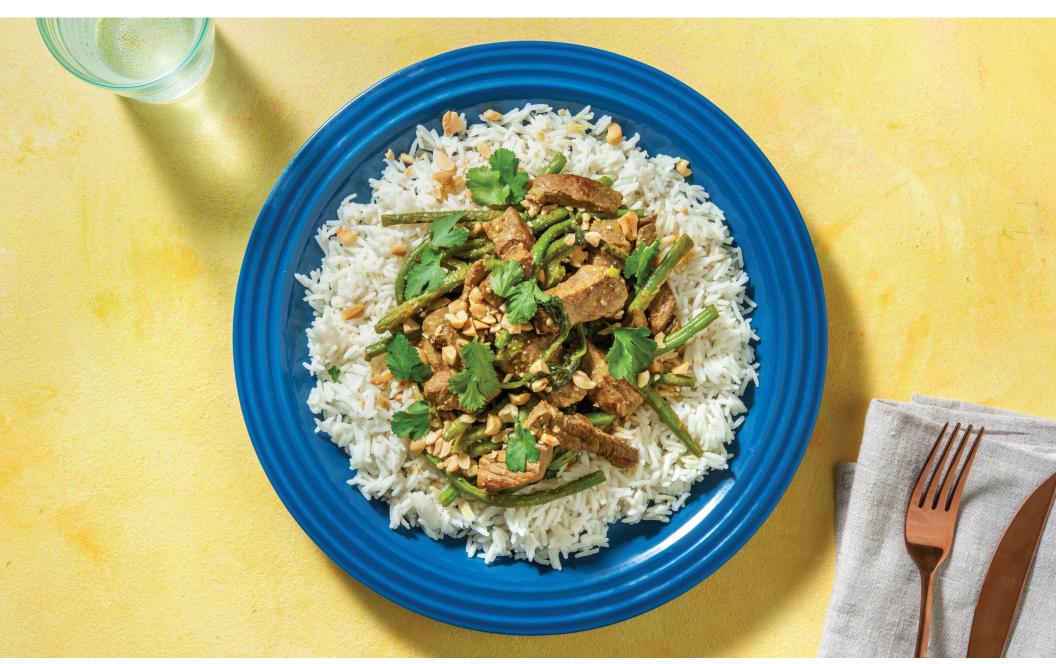


Bengali Beef Strip Curry with Rice & Peanuts

FRESH & FAST B

Box to plate: 15 mins





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

1. Steam



Green Beans

2. Sizzle



Beef Strips



Bengal Curry

Paste

(Spicy)

Baby Spinach

Leaves

Coconut Cream



Microwavable **Basmati Rice**



Crushed Peanuts

3. Zap



Coriander

Microwave

From the pantry





Olive Oil

From the cool pouch

Beef Strips 1 pkt 1 pkt

- 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

- 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

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

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.





