



Indian Beef Kofta Curry

with Basmati Rice & Mint



Grab your Meal Kit with this symbol



Basmati Rice



Garlic



Carrot



Brown Onion



Mint



Beef Mince



Fine Breadcrumbs



Tandoori Paste



Chopped Tomatoes



Beef Stock



Baby Spinach Leaves



Greek Yoghurt

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Rich, creamy and aromatic – this dish has all the elements of your favourite Indian curry – with a twist! Tender beef koftas add mouth-watering flavour and texture to this hearty bowl. Sitting on a bed of fluffy basmati rice, it comes together fast for a meal that everyone will love!

Pantry items

Olive Oil, Egg, Butter

Before you start

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 will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
garlic	3 cloves	6 cloves
carrot	1	2
brown onion	½	1
mint	1 bunch	1 bunch
beef mince	1 packet	1 packet
fine breadcrumbs	1 packet	2 packets
egg*	1	2
salt*	¼ tsp	½ tsp
tandoori paste	1 packet (50g)	1 packet (100g)
chopped tomatoes	1 tin	2 tins
water* (for the sauce)	½ cup	1 cup
beef stock	1 sachet	1 sachet
butter*	20g	40g
baby spinach leaves	1 bag (60g)	1 bag (120g)
Greek yoghurt	1 packet (100g)	1 packet (175g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3530kJ (843Cal)	533kJ (127Cal)
Protein (g)	43.7g	6.6g
Fat, total (g)	29.8g	4.5g
- saturated (g)	12.4g	1.9g
Carbohydrate (g)	94.7g	14.3g
- sugars (g)	21.7g	3.3g
Sodium (g)	2590mg	390mg

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. Cook the rice

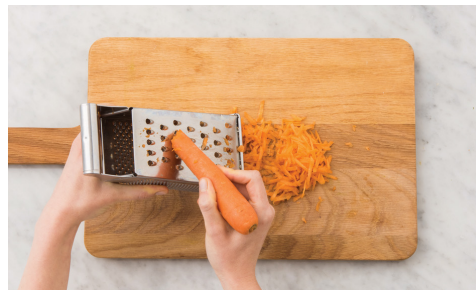
In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: *The rice will finish cooking in its own steam so don't peek!*



4. Cook the koftas

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **koftas** and cook, turning, until browned and cooked through, **8-10 minutes**. Transfer to a plate.



2. Get prepped

While the rice is cooking, finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Finely chop the **brown onion** (see ingredients list). Roughly chop the **mint** leaves.



5. Make the curry

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook until starting to soften, **2 minutes**. Add the **tandoori paste, carrot** and **remaining garlic** and cook until fragrant, **1-2 minutes**. Add the **chopped tomatoes, water (for the sauce)** and **beef stock** and cook until softened, **5-6 minutes**. Return the **koftas** to the pan and cook until the sauce has thickened slightly, **1-2 minutes**. Remove from the heat and stir through the **butter, baby spinach leaves** and **1/2 the Greek yoghurt** until the spinach has wilted, **1 minute**. Season to taste with **salt** and **pepper**.



3. Make the koftas

In a large bowl, combine the **beef mince, fine breadcrumbs, egg, the salt, 1/2 the garlic** and a **pinch of pepper**. Using damp hands, take a heaped spoonful of **mixture** and shape into a small kofta. Transfer to a plate and repeat with **remaining mixture**. You should get around 5 koftas per person.



6. Serve up

Divide the basmati rice between bowls and spoon over the beef koftas and tandoori curry. Dollop over the remaining Greek yoghurt and garnish with the mint.

Enjoy!