



Mango-Glazed Beef & Cauliflower Curry

with Cucumber Raita, Ginger Rice & Naan

Grab your Meal Kit with this symbol



Cauliflower



Tomato



Mumbai Spice Blend



Mango Chutney



Ginger Paste



Jasmine Rice



Cucumber



Herbs



Garlic



Roasted Almonds



Bengal Curry Paste



Coconut Milk



Slow-Cooked Beef Brisket



Greek-Style Yoghurt



Naan Bread

 **Recipe Update**
The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **30-40 mins**
Ready in: **35-45 mins**

We're putting on a feast suited for royalty and you deserve nothing less! There's a bit of everything here from the sweet mango-glazed beef that's been already slow-cooked to the roasted cauliflower curry, perfect for dipping naan into. Sit back and relax as the luxury of this feast is tasted in every bite.

Pantry items

Olive Oil

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

Oven tray lined with baking paper · Medium baking dish · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
tomato	1	2
slow-cooked beef brisket	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
mango chutney	1 packet (50g)	1 packet (100g)
ginger paste	1 medium packet	1 large packet
jasmine rice	1 packet	1 packet
water* (for the rice)	1¼ cups	2½ cups
cucumber	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
herbs	1 bag	1 bag
roasted almonds	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
naan bread	1	2
Bengal curry paste	1 medium packet	1 large packet
coconut milk	1 box (200g)	1 tin (400g)
water* (for the sauce)	¼ cup	½ cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6144kJ (1468Cal)	782kJ (187Cal)
Protein (g)	49.5g	6.3g
Fat, total (g)	78.5g	10g
- saturated (g)	39.3g	5g
Carbohydrate (g)	139.9g	17.8g
- sugars (g)	22.2g	2.8g
Sodium (mg)	1750mg	223mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **cauliflower** into small florets. Cut **tomato** into wedges.
- Place **veggies** on a lined oven tray, drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.



Get prepped

- Meanwhile, finely chop **cucumber** and **garlic**. Pick and thinly slice **herb** leaves. Roughly chop **roasted almonds**.
- In a small bowl, combine **cucumber**, **herbs** and **Greek-style yoghurt**. Season with **salt** and **pepper**.
- Bake **naan bread** directly on wire oven rack until golden, **3-5 minutes**.



Roast the beef brisket

- Meanwhile, place **slow-cooked beef brisket** in a baking dish. Pour **liquid** from packaging over beef.
- Sprinkle over **Mumbai spice blend** and turn to coat. Cover tightly with foil and roast for **12 minutes**.
- Turn **beef**, spread over **mango chutney**, then cover with foil and roast until heated through and the liquid has slightly reduced, a further **12 minutes**.



Finish the curry

- When the veggies are done, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **garlic** and **Bengal curry paste** until fragrant, **1 minute**.
- Add **coconut milk**, **water (for the sauce)** and the **roasted veggies**. Stir to combine and bring to the boil.
- Reduce heat to medium and simmer until slightly reduced, **2-3 minutes**. Season to taste.



Make the ginger rice

- While the beef is roasting, heat a drizzle of **olive oil** in a medium saucepan, over medium heat. Cook **ginger paste** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, **water (for the rice)** and a pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. 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!

TIP: Cover the pan with a lid if the ginger paste starts to spatter!



Serve up

- Slice mango-glazed beef brisket.
- Sprinkle roasted almonds over curry.
- Bring everything to the table to serve. Help yourself to beef brisket, cauliflower curry, ginger rice, naan and cucumber raita. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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