

Curry Night: Masala Beef & Potato Curry

with Garlic Flatbreads & Yoghurt

Grab your Meal Kit with this symbol



Carrot



Potato



Garlic



Mumbai Spice Blend



Masala Paste



Brown Mustard Seeds



Coconut Milk



Flatbreads



Coriander



Beef Strips



Greek-Style Yoghurt



Chicken Breast

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: 20-30 mins
Ready in: 30-40 mins

Eat Me Early*
*Custom Recipe only

Forget take-away because this curry is popping with delightfully spiced beef strips, potato chunks soaking up the coconut sauce and help from fluffy flatbreads so not a drop is missed. It's curry any day, every day!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	2	4
garlic	3 cloves	6 cloves
beef strips	1 packet	1 packet (or 2 packets)
Mumbai spice blend	1 sachet	2 sachets
butter*	20g	40g
masala paste	1 medium packet	1 large packet
brown mustard seeds	1 sachet	1 sachet
coconut milk	1 tin (165ml)	1 tin (400ml)
water*	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
flatbreads	2	4
Greek-style yoghurt	1 medium packet	1 large packet
coriander	1 bag	1 bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4051kJ (968Cal)	570kJ (136Cal)
Protein (g)	47.2g	6.6g
Fat, total (g)	45.7g	6.4g
- saturated (g)	27.8g	3.9g
Carbohydrate (g)	93.7g	13.2g
- sugars (g)	24.7g	3.5g
Sodium (mg)	1055mg	148mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4014kJ (959Cal)	538kJ (129Cal)
Protein (g)	50.9g	6.8g
Fat, total (g)	43.1g	5.8g
- saturated (g)	26.2g	3.5g
Carbohydrate (g)	93.7g	12.6g
- sugars (g)	24.7g	3.3g
Sodium (mg)	1103mg	148mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **potato** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

4



Cook the curry

- Wipe out the frying pan, then return to medium heat with a drizzle of **olive oil**.
- Cook **masala paste**, **brown mustard seeds** and the remaining **garlic** until fragrant, **1 minute**.
- Add **coconut milk**, the **water** and **brown sugar**. Stir to combine and simmer until slightly reduced, **1-2 minutes**.
- Remove from heat, then stir through **beef strips** and **roasted veggies**. Season to taste.

Custom Recipe: Stir chicken through along with the roasted veggies.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- In a medium bowl, combine **beef strips**, **Mumbai spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- In a small heatproof bowl, microwave the **butter** and 1/2 the **garlic** in **10 second** bursts, until melted. Season.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks. Combine with spice blend as above.

5



Bake the flatbreads

- While the curry is cooking, brush **garlic butter** over one side of the **flatbreads**.
- Place **flatbreads** directly on an oven wire rack and bake until warmed through, **4-7 minutes**.

3



Cook the beef

- When the veggies have **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

TIP: Cooking the meat in batches over a high heat helps it stay tender.

Custom Recipe: Heat the frying pan as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl.

6



Serve up

- Divide Masala beef and potato curry between bowls.
- Top with **Greek-style yoghurt** and tear over **coriander**.
- Serve with garlic flatbreads. Enjoy!

Rate your recipe

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