



Mild Coconut Beef & Veggie Curry

with Garlic Rice

Grab your Meal Kit with this symbol



Brown Onion



Carrot



Parsnip



Garlic



Basmati Rice



Beef Strips



Mild Curry Paste



Beef-Style Stock Powder



Coconut Milk



Salad Leaves

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

This creamy coconut beef curry will add the spice you never knew you needed to your night. It's filled to the brim with bright veggies and a fragrant garlic rice to soak everything up.

Pantry items

Olive Oil, 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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
carrot	1	2
parsnip	1	2
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
beef strips	1 packet	1 packet
mild curry paste	1 packet	1 packet
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
water* (for the curry)	¼ cup	½ cup
coconut milk	1 tin (200ml)	1 tin (400 ml)
salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3676kJ (879Cal)	606kJ (145Cal)
Protein (g)	43.2g	7.1g
Fat, total (g)	45g	7.4g
- saturated (g)	26.2g	4.3g
Carbohydrate (g)	90.6g	14.9g
- sugars (g)	16.3g	2.7g
Sodium (mg)	938mg	155mg

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.



Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **brown onion, carrot and parsnip** into bite-sized chunks.



Roast the veggies

Place the **onion, carrot and parsnip** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until golden and tender, **20-25 minutes**.



Make the garlic rice

While the veggies are roasting, finely chop the **garlic**. Heat a medium saucepan with 1/2 the **butter** and a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice, water (for the rice)** and a good pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove 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!



Start the curry

When the veggies have **5 minutes** cook time remaining, heat a large frying pan over a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips** in batches until browned and cooked through, **1-2 minutes**. Transfer to a plate. Return the pan to a medium-high heat with a drizzle of **olive oil**. Add the **mild curry paste** and remaining **garlic** and cook until fragrant, **1 minute**. Add the **beef-style stock powder, water (for the curry)** and **coconut milk** and cook until slightly thickened, **3-4 minutes**.

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



Bring it all together

Add the **roasted veggies** and **salad leaves** to the **curry** and cook until wilted, **1-2 minutes**. Return the **beef** to the pan and stir to combine. Season to taste.

TIP: Add a splash of water if the curry is too thick!



Serve up

Divide the garlic rice between bowls. Top with the mild coconut beef and veggie curry to serve.

Enjoy!