



Mumbai Beef & Potato Curry

with Garlic Rice & Roasted Peanuts

Grab your Meal Kit with this symbol



Potato



Carrot



Brown Onion



Garlic



Jasmine Rice



Beef Strips



Tomato Paste



Mumbai Spice Blend



Coconut Milk



Beef-Style Stock Powder



Coriander



Roasted Peanuts

Keep an eye out...

Due to recent sourcing challenges, we've replaced baby spinach with coriander and extra carrot, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins
Ready in: 30-40 mins

This creamy Indian coconut beef curry will add the spice you never knew you needed to your night. It's filled to the brim with bright veggies, hearty chunks of potato and finished with a sprinkling of flair from the roasted peanuts.

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	2	4
brown onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
beef strips	1 packet	1 packet
tomato paste	½ packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 tin (165ml)	1 tin (400ml)
beef-style stock powder	1 sachet (10g)	2 sachets (20g)
brown sugar*	1 tsp	2 tsp
water* (for the curry)	½ cup	¾ cup
coriander	2 bags	4 bags
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3903kJ (933Cal)	648kJ (155Cal)
Protein (g)	46.6g	7.7g
Fat, total (g)	37.6g	6.2g
- saturated (g)	20.5g	3.4g
Carbohydrate (g)	98.6g	16.4g
- sugars (g)	16.5g	2.7g
Sodium (mg)	1250mg	207mg

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 the oven to **220°C/200°C fan-forced**. Cut the **potato** and **carrot** into bite-sized chunks. Thinly slice the **brown onion**. Place the **potato** and **carrot** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



Start the curry

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **4-5 minutes**. Add the **tomato paste** (see ingredients), **Mumbai spice blend** and the remaining **garlic** and cook until fragrant, **1-2 minutes**.



Cook the garlic rice

While the veggies are roasting, finely chop the **garlic**. In a medium saucepan, heat the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and a generous pinch of **salt** to the pan and bring to boil. Add the **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

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



Finish the curry

Add the **coconut milk**, **beef-style stock powder**, the **brown sugar** and **water (for the curry)** and simmer until thickened, **2-3 minutes**. Remove the pan from the heat. Add the **roasted veggies**, then return the **beef strips** (plus any beef resting juices) to the pan and stir until the spinach is wilted, **1 minute**. Season to taste.



Cook the beef

While the rice is cooking, 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, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a large bowl. Set aside.



Serve up

Divide the garlic rice between plates. Top with the Mumbai beef and potato curry. Tear over the **coriander**. Garnish with the **roasted peanuts** to serve.

Enjoy!