



Sri Lankan Beef & Coconut Curry

with Garlic Rice & Roasted Peanuts

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Brown Onion



Carrot



Tomato



Baby Broccoli



Lemon



Beef Mince



Sri Lankan Spice Blend



Tomato Paste



Coconut Cream



Beef-Style Stock Powder



Roasted Peanuts

Hands-on: 25-35 mins
Ready in: 35-45 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 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
brown onion	1 (medium)	1 (large)
carrot	1	2
tomato	1	2
baby broccoli	1 bag	1 bag
lemon	½	1
beef mince	1 packet	1 packet
Sri Lankan spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
coconut cream	1 box (200ml)	1 box (400ml)
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
water* (for the curry)	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4390kJ (1049Cal)	707kJ (169Cal)
Protein (g)	44.4g	7.2g
Fat, total (g)	53.4g	8.6g
- saturated (g)	36.3g	5.9g
Carbohydrate (g)	86.6g	14g
- sugars (g)	15.3g	2.5g
Sodium (mg)	990mg	160mg

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.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with 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 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

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **carrot** until slightly softened, **4-5 minutes**. Add the **tomato**, **Sri Lankan spice blend**, **tomato paste** and remaining **garlic** and cook until fragrant, **1-2 minutes**.



Get prepped

While the rice is cooking, finely chop the **brown onion**. Thinly slice the **carrot** into half-moons. Roughly chop the **tomato**. Trim and cut the **baby broccoli** into bite-sized pieces. Slice the **lemon** into wedges.



Finish the curry

Add the **baby broccoli**, **coconut cream**, **beef-style stock powder**, **water (for the curry)**, **brown sugar** and a squeeze of **lemon juice** and bring to the boil. Reduce the heat to medium and cook until the veggies have softened, **5-6 minutes**. Return the **beef mince** to the frying pan and stir until heated through, **1 minute**. Season to taste.

TIP: Add a splash more water if the curry looks too thick.



Cook the beef mince

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **beef mince**, breaking it up with a spoon, until just browned, **4-5 minutes**. Season with **salt** and **pepper**. Transfer to a plate and set aside.



Serve up

Divide the garlic rice between bowls. Top with the Sri Lankan beef and coconut curry. Garnish with the **roasted peanuts**. Serve with any remaining lemon wedges.

Enjoy!