



# Sri Lankan-Style Beef & Veggie Curry

with Garlic Rice & Roasted Hazelnuts

KID FRIENDLY



Grab your Meal Kit with this symbol



Garlic Paste



Basmati Rice



Baby Spinach Leaves



Leek



Beef Mince



Sri Lankan Spice Blend



Ginger Paste



Tomato Paste



Coconut Milk



Beef-Style Stock Powder



Roasted Hazelnuts



Lamb Mince

Prep in: 25-35 mins  
Ready in: 30-40 mins

This dish comes with a big juicy warning - it's too delicious to refuse. Be lured to the table when you catch the scent of the Sri Lankan-spiced beef and veggies, tossed in a tomato based creamy curry. Look out, that bite of garlic rice will unleash the tastiest dinner and you'll be running back for seconds in no time.

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

### Pantry items

Olive Oil, Butter

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	20g	40g
garlic paste	1 packet	1 packet
basmati rice	1 packet	1 packet
<b>water*</b> (for the rice)	1½ cups	3 cups
baby spinach leaves	1 medium bag	1 large bag
leek	1	2
beef mince	1 packet	1 packet (or 2 packets)
Sri Lankan spice blend	1 sachet	1 sachet
ginger paste	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
<b>water*</b> (for the curry)	⅓ cup	⅔ cup
coconut milk	1 medium packet	2 medium packets
beef-style stock powder	1 sachet (10g)	2 sachets (20g)
roasted hazelnuts	1 packet	2 packets
lamb mince**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3507kJ (838Cal)	774kJ (185Cal)
Protein (g)	41.4g	9.1g
Fat, total (g)	51g	11.3g
- saturated (g)	28.5g	6.3g
Carbohydrate (g)	75.3g	16.6g
- sugars (g)	8.7g	1.9g
Sodium (mg)	1596mg	352mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3063kJ (732Cal)	676kJ (162Cal)
Protein (g)	38.3g	8.5g
Fat, total (g)	41.9g	9.2g
- saturated (g)	23.5g	5.2g
Carbohydrate (g)	75.3g	16.6g
- sugars (g)	8.7g	1.9g
Sodium (mg)	1629mg	360mg

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](https://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



## Cook the garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic paste** until fragrant, **1-2 minutes**.
- Add **basmati 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 **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

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

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

3



## Make the curry

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby spinach leaves** and **leek**, stirring, until softened, **5-6 minutes**. Transfer to a bowl.
- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **Sri Lankan spice blend**, **ginger paste** and **tomato paste** and cook until fragrant, **1 minute**.
- Reduce heat to medium, then stir through the **veggies**, **water (for the curry)**, **coconut milk** and **beef-style stock powder** until combined and heated through, **1-2 minutes**. Season with **salt** and **pepper**.

**Custom Recipe:** If you've swapped beef mince to lamb mince, cook in the same way as above.

2



## Get prepped

- Meanwhile, roughly chop **baby spinach leaves**. Thinly slice **leek**.

4



## Serve up

- Divide garlic rice between bowls and top with Sri Lankan-style beef and veggie curry.
- Garnish with **roasted hazelnuts** to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the garnish!

## Rate your recipe

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