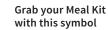


Prep in: 25-35 mins

Ready in: 30-40 mins

Sri Lankan-Style Beef & Veggie Curry with Garlic Rice & Roasted Hazelnuts

KID FRIENDLY





















Ginger Paste



Tomato Paste



Coconut Milk

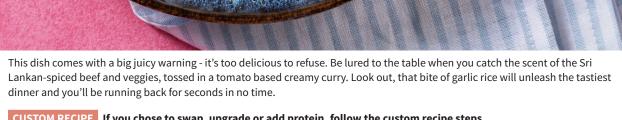


Beef-Style Stock Powder



Roasted Hazelnuts





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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
butter*	20g	40g		
garlic paste	1 packet	1 packet		
basmati rice	1 packet	1 packet		
water* (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		
water* (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		
* D				

^{*}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 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





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!



Make the curru

- 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.



Get prepped

• Meanwhile, roughly chop baby spinach leaves. Thinly slice leek.



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!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate