



# Indian Coconut Beef Curry

with Garlic Rice & Toasted Almonds

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Parsnip



Lemon



Flaked Almonds



Beef Strips



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Beef-Style Stock Powder



Salad Leaves

### Keep an eye out...

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be 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 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 toasted almonds.

### 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 · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	40g	80g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
carrot	1	2
parsnip	1	2
lemon	½	1
flaked almonds	1 packet	2 packets
beef strips	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
tomato paste	½ packet	1 packet
coconut milk	1 tin (200ml)	1 tin (400ml)
beef-style stock powder	1 sachet	2 sachets
water* (for the curry)	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
salad leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3224kJ (770Cal)	605kJ (144Cal)
Protein (g)	47.3g	8.9g
Fat, total (g)	24.4g	4.6g
- saturated (g)	17.9g	3.4g
Carbohydrate (g)	90.5g	17g
- sugars (g)	19.7g	3.7g
Sodium (mg)	1902mg	357mg

## 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.



## Cook the garlic rice

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic**. In a medium saucepan, melt 1/2 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 the **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 **10 minutes** cook time remaining, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **Mumbai spice blend**, **tomato paste** (see ingredients) and remaining **garlic** until fragrant, **1 minute**. Add the **coconut milk**, **beef-style stock powder** and **water (for the curry)** and stir to combine. Bring to the boil, then reduce the heat to medium-low. Simmer until the curry has reduced slightly, **5-6 minutes**.



## Roast the veggies

While the rice is cooking, cut the **carrot** and **parsnip** (both unpeeled) into 1cm chunks. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**. While the veggies are roasting, zest the **lemon** to get a pinch, then slice into wedges. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



## Finish the curry

Add the **beef strips** and roasted **veggies** to the curry and cook until heated through, **1-2 minutes**. Add the **brown sugar**, remaining **butter**, **salad leaves**, **lemon zest** and a generous squeeze of **lemon juice** and stir through until the leaves have wilted. Season with **pepper**.



## Cook the beef

Return the frying pan to 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 plate.

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



## Serve up

Divide the garlic rice between bowls and top with the Mumbai coconut beef curry. Garnish with the toasted almonds. Serve with any remaining lemon wedges.

Enjoy!