



# 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



Baby Spinach Leaves



Beef Strips

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.



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

### 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 (10g)	2 sachets (20g)
water* (for the curry)	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
beef strips**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3774kJ (902Cal)	704kJ (168Cal)
Protein (g)	46.7g	8.7g
Fat, total (g)	40.8g	7.6g
- saturated (g)	28.9g	5.4g
Carbohydrate (g)	87.5g	16.3g
- sugars (g)	15.9g	3g
Sodium (mg)	1554mg	290mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4444kJ (1062Cal)	673kJ (161Cal)
Protein (g)	80.7g	12.2g
Fat, total (g)	43.3g	6.6g
- saturated (g)	29.8g	4.5g
Carbohydrate (g)	87.5g	13.2g
- sugars (g)	15.9g	2.4g
Sodium (mg)	1602mg	242mg

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

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## 1 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!



## 4 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**.



## 2 Roast the veggies

While the rice is cooking, cut the **carrot** and **parsnip** into small chunks. Place the **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**. Meanwhile, zest the **lemon** to get a pinch, then cut into wedges. Heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



## 5 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**, **baby spinach leaves**, **lemon zest**, remaining **butter** and a generous squeeze of **lemon juice** and stir through until the spinach is wilted. Season with **pepper**.



## 3 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.

### CUSTOM RECIPE

If you've doubled your beef strips, cook in batches for the best results!



## 6 Serve up

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

Enjoy!