



# Mumbai Beef & Potato Curry

with Garlic Rice & Roasted Peanuts

Grab your Meal Kit with this symbol



Potato



Parsnip



Brown Onion



Garlic



Basmati Rice



Beef Strips



Tomato Paste



Mumbai Spice Blend



Coconut Milk



Beef-Style Stock Powder



Baby Spinach Leaves



Roasted Peanuts

Hands-on: 25-35 mins  
Ready in: 30-40 mins

This creamy Indian coconut beef curry will add the spice you never knew you needed to your night. It's filled to the brim with bright veggies, hearty chunks of potato 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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
parsnip	1	2
brown onion	1 medium	1 large
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
beef strips	1 packet	1 packet
tomato paste	½ packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 tin (165ml)	1 tin (400ml)
beef-style stock powder	1 sachet	2 sachets
brown sugar*	1 tsp	2 tsp
water* (for the curry)	⅓ cup	⅔ cup
baby spinach leaves	1 bag (60g)	1 bag (120g)
roasted peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3783kJ (904Cal)	660kJ (157Cal)
Protein (g)	51.3g	8.9g
Fat, total (g)	33.8g	5.9g
- saturated (g)	17.3g	3g
Carbohydrate (g)	93.3g	16.3g
- sugars (g)	14.9g	2.6g
Sodium (mg)	1621mg	283mg

## 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.



## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** and **parsnip** (both unpeeled) into 1cm chunks. Thinly slice the **brown onion**. Spread the **potato** and **parsnip** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **20-25 minutes**.

**TIP:** Cut the veggies to size so they cook in time.



## Start the curry

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



## Cook the garlic rice

While the veggies are roasting, 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 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 has absorbed, **10 minutes**.

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



## Finish the curry

Add the **coconut milk**, **beef-style stock powder**, **brown sugar** and **water (for the curry)** and cook until thickened, **2-3 minutes**. Remove the pan from the heat. Add the roasted **veggies** and **baby spinach leaves**, then return the **beef strips** (plus any resting juices) to the pan and stir until the spinach is wilted, **1 minute**. Season to taste.



## Cook the beef

While the rice is cooking, heat a large frying pan over 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 large bowl and set aside to rest.



## Serve up

Divide the garlic rice between bowls. Top with the Mumbai beef and potato curry. Garnish with the **roasted peanuts**.

## Enjoy!