



Mumbai Beef & Potato Curry

with Garlic Rice & Roasted Peanuts

Grab your Meal Kit with this symbol



Potato



Carrot



Brown Onion



Garlic



Basmati Rice



Beef Strips



Tomato Paste



Mumbai Spice Blend



Coconut Milk



Beef-Style Stock Powder



Baby Spinach Leaves



Roasted Peanuts



Beef Rump

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.



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

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
carrot	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
beef strips	1 packet	1 packet
tomato paste	½ packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 tin (200ml)	1 tin (400ml)
beef-style stock powder	1 sachet (10g)	2 sachets (20g)
brown sugar*	1 tsp	2 tsp
water* (for the curry)	½ cup	¾ cup
baby spinach leaves	1 bag (60g)	1 bag (120g)
roasted peanuts	1 packet	2 packets
beef rump**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3919kJ (936Cal)	650kJ (155Cal)
Protein (g)	46.6g	7.7g
Fat, total (g)	37.2g	6.2g
- saturated (g)	19.1g	3.2g
Carbohydrate (g)	98g	16.3g
- sugars (g)	16.5g	2.7g
Sodium (mg)	1251mg	208mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3825kJ (914Cal)	610kJ (146Cal)
Protein (g)	47.1g	7.5g
Fat, total (g)	35.3g	5.6g
- saturated (g)	17.7g	2.8g
Carbohydrate (g)	97.4g	15.5g
- sugars (g)	11.6g	1.8g
Sodium (mg)	1265mg	202mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** and **carrot** into small chunks. Thinly slice the **brown onion**. Place the **potato** and **carrot** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 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 a pinch of **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!



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 bowl. Set aside.

CUSTOM RECIPE

If you've swapped your beef strips for beef rump, heat the frying pan as above. When the oil is hot, season the beef with salt and pepper. Cook the beef for 2-3 minutes each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest for 5 minutes, then slice.



Start the curry

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, 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**.



Finish the curry

Add the **coconut milk**, **beef-style stock powder**, **brown sugar** and **water (for the curry)** and simmer 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.



Serve up

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

Enjoy!

CUSTOM RECIPE

Return the sliced beef to the pan as above.