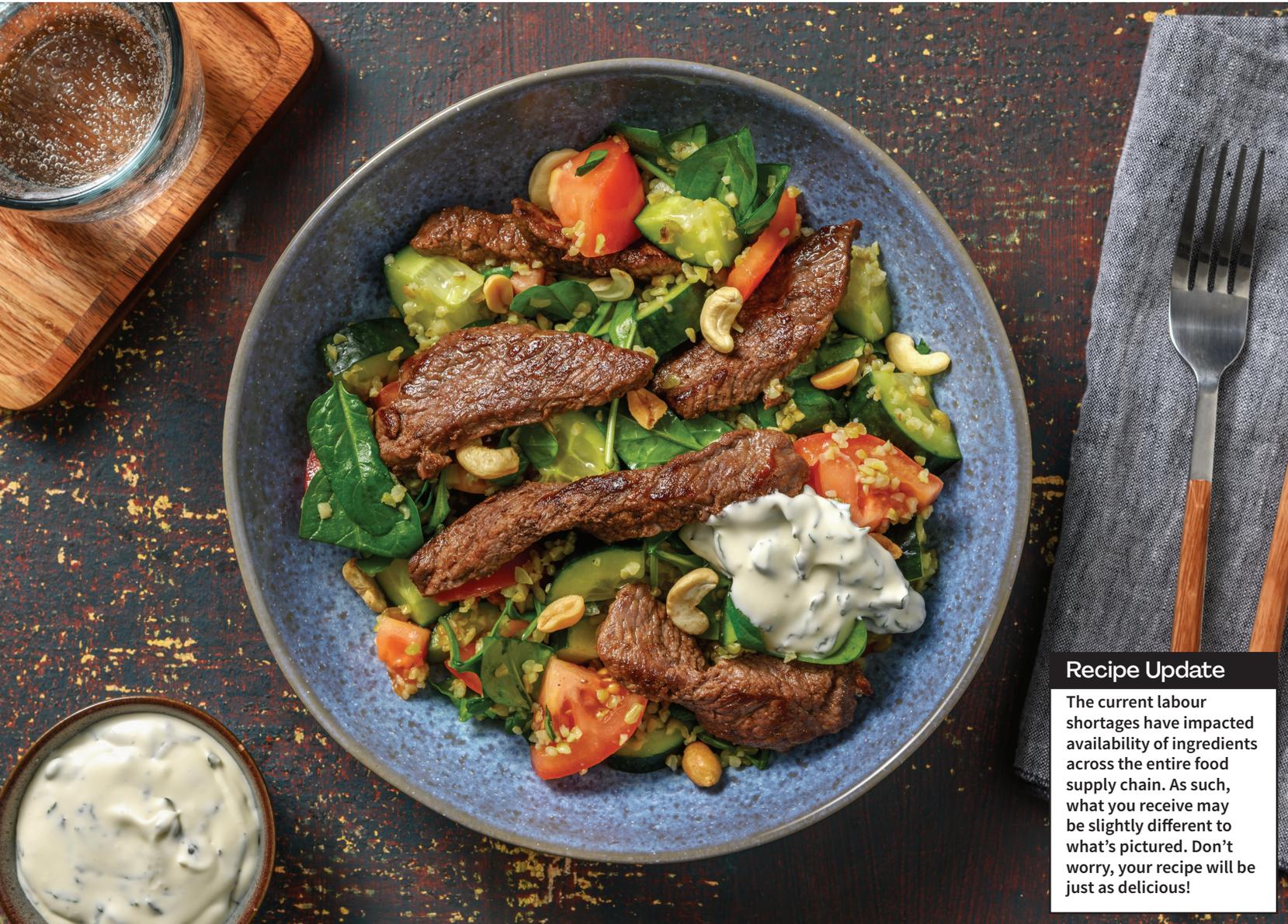


# Easy Mumbai Spiced Beef & Freekeh Salad

with Herby Yoghurt & Cashew-Peanut Mix

Grab your Meal Kit with this symbol



Freekeh



Garlic



Cucumber



Tomato



Salad Leaves



Herbs



Greek-Style Yoghurt



Mumbai Spice Blend



Beef Strips



Roasted Peanut & Cashew Mix

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Hands-on: 15-25 mins  
Ready in: 40-50 mins



Carb Smart

Dietitian Approved

If you haven't tried freekeh, give this colourful bowl a try. Stirring fresh veggies and spinach through this protein-rich ancient grain brings it to life, while the addition of succulent spiced beef strips delivers a nutritionally balanced meal everyone will love.

### Pantry items

Olive Oil, White Wine Vinegar

## 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

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekeh	1 packet	2 packets
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
tomato	1	2
salad leaves	1 small bag	1 medium bag
herbs	1 bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
beef strips	1 packet	1 packet
white wine vinegar*	drizzle	drizzle
roasted peanut & cashew mix	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2296kJ (549Cal)	591kJ (141Cal)
Protein (g)	44.2g	11.4g
Fat, total (g)	23.3g	6g
- saturated (g)	6.3g	1.6g
Carbohydrate (g)	38.5g	9.9g
- sugars (g)	7.7g	2g
Sodium (mg)	316mg	81mg
Dietary Fibre (g)	8.8g	2.3g

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

1



## Cook the garlic freekeh

- Rinse **freekeh**.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **freekeh**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill the saucepan with **water**, then add a good pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **30-35 minutes**. Drain and rinse.
- Finely chop **garlic**. Return the pan to medium heat with a drizzle of **olive oil** and **garlic**. Cook until fragrant, **1 minute**. Return **freekeh** to the pan with a pinch of **salt** and stir to combine.

**TIP:** The freekeh is cooked when it has softened but still retains some bite.

3

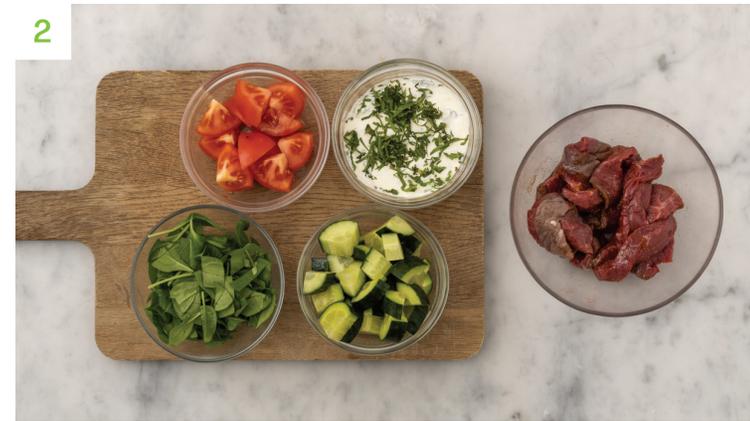


## Cook the beef

- When the freekeh has **5 minutes** cook time remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches until browned and cooked through, **1-2 minutes**. Transfer to a plate.

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

2



## Get prepped

- Meanwhile, roughly chop **cucumber**, **tomato** and **salad leaves**. Pick and thinly slice **herb** leaves. In a small bowl, combine **herbs** and **Greek-style yoghurt**. Season to taste and set aside.
- In a medium bowl, combine **Mumbai spice blend** and a drizzle of **olive oil**. Add **beef strips**, season with **salt** and toss to coat.

4



## Serve up

- Gently stir cucumber, tomato, salad leaves and a drizzle of **white wine vinegar** through freekeh. Season with salt and pepper.
- Divide freekeh salad between bowls. Top with Mumbai spiced beef.
- Spoon over herby yoghurt. Garnish with **roasted peanut & cashew mix** to serve.

## Enjoy!