



# North Indian Beef Bowl

with Turmeric Rice & Tomato Salsa

Grab your Meal Kit with this symbol 



Garlic



Turmeric



Basmati Rice



Brown Onion



Carrot



Tomato



Mint



Mumbai Spice Blend



Beef Strips



Baby Spinach Leaves



Yoghurt

 Hands-on: **30 mins**  
Ready in: **35 mins**

We're bringing two flavour powerhouses to your place tonight – Mumbai-style spices and turmeric. These spices just so happen to have the magical touch, creating a dinner that's so tasty you'll hardly believe you made it yourself – and in no time too!

### Pantry items

Olive Oil, Butter, 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 too.

### You will need

Medium saucepan with a lid · Large frying pan

### Ingredients

	4 People
olive oil*	refer to method
garlic	3 cloves
butter*	40g
turmeric	½ sachet
basmati rice	2 packets
water*	3 cups
salt* (for the rice)	½ tsp
brown onion	1
carrot	1
tomato	2
mint	1 bunch
Mumbai spice blend	2 sachets
salt* (for the beef)	¼ tsp
beef strips	1 packet
white wine vinegar*	1 tsp
baby spinach leaves	1 bag (60g)
yoghurt	1 packet

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2680kJ (640Cal)	605kJ (145Cal)
Protein (g)	42.5g	9.6g
Fat, total (g)	18.3g	4.1g
- saturated (g)	10.0g	2.3g
Carbohydrate (g)	68.6g	15.5g
- sugars (g)	8.5g	1.9g
Sodium (g)	775mg	175mg

### 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.



## 1. Make the turmeric rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and **1/2 sachet** of **turmeric** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, the **water** and **salt (for the rice)**, stir, and 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:** We only use 1/2 sachet of turmeric here as it can be quite bitter in flavour.



## 4. Make the tomato salsa

While the beef is cooking, combine the **white wine vinegar**, **tomato**, **1/2** the **mint** and a **drizzle** of **olive oil** in a small bowl. Season to taste with **salt** and **pepper** and toss to combine.



## 2. Get prepped

While the rice is cooking, thinly slice the **brown onion**. Grate the **carrot** (unpeeled). Roughly chop the **tomato**. Pick and finely chop the **mint** leaves. In a large bowl, combine the **Mumbai spice blend**, **salt (for the beef)** and a **generous drizzle** of **olive oil**. Add the **beef strips** and toss to coat. Set aside.



## 5. Finish the rice

When the rice has finished cooking, stir through the **baby spinach leaves**.



## 3. Cook the beef

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and **carrot** and cook until softened, **4-5 minutes**. Transfer to a large bowl. Return the frying pan to a high heat, add **1/2** the **beef strips** and cook until browned and cooked through, **1-2 minutes**. Transfer to the bowl with the **veggies** and repeat with the **remaining beef strips**. Gently toss the beef with the veggies and set aside.

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



## 6. Serve up

Divide the turmeric rice between bowls. Top with the Mumbai-spiced beef, veggies and tomato salsa. Dollop over the **yoghurt** and garnish with the remaining mint.

**Enjoy!**