

Sri Lankan Pulled Beef & Veggie Curry

with Garlic Rice & Crushed Peanuts

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Brown Onion



Carrot



Capsicum



Pulled Beef



Sri Lankan Spice Blend



Tomato Paste



Coconut Cream



Beef-Style Stock Powder



Baby Spinach Leaves



Crushed Peanuts

 Hands-on: **15-25 mins**
Ready in: **25-35 mins**

This creamy coconut pulled 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 crushed peanuts.

*Our pulled beef is gently cooked while vacuum-sealed (or sous vide as the French say).
The meat may look pale, but it's packed with flavour and moisture!*

Pantry items

Olive Oil, Butter

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
basmati rice	1 packet	1 packet
butter*	20g	40g
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
brown onion	1 (medium)	1 (large)
carrot	1	2
capsicum	1	2
pulled beef	1 packet	1 packet
Sri Lankan spice blend	1 sachet	1 sachet
tomato paste	½ packet	1 packet
water* (for the curry)	½ cup	1 cup
coconut cream	1 tin (200ml)	1 tin (400ml)
beef-style stock powder	1 sachet	2 sachets
baby spinach leaves	1 bag (30g)	1 bag (60g)
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3383kJ (808Cal)	556kJ (132Cal)
Protein (g)	17.3g	2.8g
Fat, total (g)	42.8g	7g
- saturated (g)	29.4g	4.8g
Carbohydrate (g)	87.2g	14.3g
- sugars (g)	18.5g	3g
Sodium (mg)	1644mg	270mg

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.



Cook the garlic rice

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!



Make the curry

Drain the liquid from the **pulled beef**. Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **Sri Lankan spice blend** and **tomato paste** (see ingredients) until fragrant, **1 minute**. Add the **pulled beef** and cook, breaking it up with a spoon, until warmed through, **1-2 minutes**. Add the **water (for the curry)**, **coconut cream** and **beef-style stock powder** and stir to combine.



Get prepped

While the rice is cooking, finely chop the **brown onion**. Thinly slice the **carrot** into half-moons. Thinly slice the **capsicum** into strips.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, **carrot** and **capsicum**, stirring occasionally, until softened, **5-6 minutes**. Add the remaining **garlic** and cook, until fragrant, **1 minute**. Transfer to a bowl.



Finish the curry

Return the **veggies** to the frying pan with the beef. Add the **baby spinach leaves**, then season with **salt** and cook until thickened, **2-3 minutes**.



Serve up

Divide the garlic rice between bowls. Top with the Sri Lankan pulled beef and veggie curry. Sprinkle with the **crushed peanuts**.

Enjoy!