



# Tandoori Beef & Turmeric Rice Bowl

with Cucumber Raita

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Brown Mustard Seeds



Turmeric



Basmati Rice



Tandoori Paste



Yoghurt



Beef Strips



Cucumber



Mint



Tomato



Flaked Almonds

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

We're bringing three flavour powerhouses to your place tonight – tandoori paste, brown mustard seeds and turmeric. This Indian trifecta has a magical touch, creating a dinner that's so tasty you'll hardly believe you made it yourself – and in just half an hour too!

### Pantry items

Olive Oil, Butter, Vinegar (White Wine or Red Wine)

## 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
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
butter*	20g	40g
brown mustard seeds	1 sachet	2 sachets
turmeric	1 sachet	2 sachets
water*	1½ cups	3 cups
salt*	½ tsp	1 tsp
basmati rice	1 packet	2 packets
tandoori paste	1 packet (50g)	2 packets (100g)
yoghurt	1 packet	1 packet
beef strips	1 packet	1 packet
cucumber	1 (medium)	1 (large)
mint	1 bunch	1 bunch
tomato	2	4
flaked almonds	1 packet	2 packets
vinegar* (white wine or red wine)	½ tsp	1 tsp

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3120kJ (745Cal)	481kJ (115Cal)
Protein (g)	46.7g	7.2g
Fat, total (g)	24.7g	3.8g
- saturated (g)	10.6g	1.6g
Carbohydrate (g)	78.8g	12.2g
- sugars (g)	14.6g	2.3g
Sodium (g)	1280mg	197mg

### Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Cook the turmeric rice

Finely chop the **brown onion**. 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-high heat. Add the **onion** and the **brown mustard seeds** and cook, stirring, until softened, **3-4 minutes**. Add the **garlic** and **turmeric** and cook until fragrant, **1 minute**. Add the **water** and **1/2 the salt**. Bring to the boil, then add the **basmati rice**. 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:** The rice will finish cooking in its own steam so don't peek!



## 4. Make the tomato salad

In a second medium bowl, combine the **tomato**, **remaining cucumber** and **remaining mint**. Add the **vinegar** and a **drizzle of olive oil**. Season with **salt** and **pepper** and stir to combine.



## 2. Flavour the beef

While the rice is cooking, combine the **tandoori paste**, some **yoghurt** (**1 tbs for 2 people / 2 tbs for 4 people**), the **remaining salt** and a **good drizzle of olive oil** in a medium bowl. Add the **beef strips** and toss to coat. Set aside.



## 5. Cook the beef

Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, add the **beef** and cook, tossing regularly, until the beef is browned and cooked through, **1-2 minutes**.

**TIP:** Don't worry if your beef gets a little charred during cooking, it adds to the flavour!



## 3. Toast the almonds

Finely chop the **cucumber**. Pick and finely chop the **mint** leaves. In a small bowl, combine the **remaining yoghurt**, **1/2 the cucumber** and **1/2 the mint**. Season with **salt** and **pepper** and mix well. Set aside. Roughly chop the **tomato**. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing occasionally, until golden, **2-3 minutes**. Transfer to a bowl.



## 6. Serve up

Divide the turmeric rice and tandoori beef between bowls. Top with the cucumber raita and tomato salad. Sprinkle over the toasted almonds.

**Enjoy!**