



Mumbai Beef & Freekeh Salad

with Mint Yoghurt, Flaked Almonds & Tamarind Chutney

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Freekeh



Carrot



Tomato



Baby Spinach Leaves



Mint



Greek-Style Yoghurt



Beef Strips



Mumbai Spice Blend



Garlic Paste



Flaked Almonds

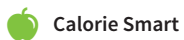


Tamarind Chutney



Chicken Tenderloins

Prep in: 15-25 mins
Ready in: 40-50 mins



Calorie Smart



Eat Me Early*

*Custom Recipe only

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 spiced beef strips delivers a nutritionally balanced meal everyone will love.

CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekeh	1 medium packet	1 large packet
carrot	1	2
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
mint	1 bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet
beef strips	1 small packet	2 small packets OR 1 large packet
Mumbai spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
honey*	1 tsp	2 tsp
garlic paste	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet
tamarind chutney	1 packet (50g)	2 packets (100g)
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2022kJ (483Cal)	531kJ (127Cal)
Protein (g)	38.7g	10.2g
Fat, total (g)	19.9g	5.2g
- saturated (g)	5.6g	1.5g
Carbohydrate (g)	29g	7.6g
- sugars (g)	18g	4.7g
Sodium (mg)	832mg	218mg
Dietary Fibre (g)	25.6g	6.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1939kJ (463Cal)	461kJ (110Cal)
Protein (g)	45.6g	10.8g
Fat, total (g)	14.4g	3.4g
- saturated (g)	3.1g	0.7g
Carbohydrate (g)	29g	6.9g
- sugars (g)	18g	4.3g
Sodium (mg)	833mg	198mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the 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.

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

3



Cook the beef

- When the freekeh has **5 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** and **Mumbai spice blend**, in batches (this helps the beef stay tender) until browned and cooked through, **1-2 minutes**. Remove from heat, return all **beef** to pan, then add the **honey** and toss to coat. Transfer to a plate.
- Return pan to medium heat with a drizzle of **olive oil**. Add **garlic paste** and cook until fragrant, **1 minute**. Return **freekeh** to the pan with a pinch of **salt** and stir to combine.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken tenderloins, until browned and cooked through, 3-4 minutes each side. Transfer to a plate. Continue as above.

2



Get prepped

- Meanwhile, grate **carrot**.
- Roughly chop **tomato** and **baby spinach leaves**.
- Pick and thinly slice **mint leaves**.
- In a small bowl, combine **mint** and **Greek-style yoghurt** and set aside.

Custom Recipe: If you've swapped to chicken tenderloins, in a medium bowl, combine Mumbai spice blend and a drizzle of olive oil. Add chicken tenderloins, season with salt and toss to combine.

4



Serve up

- Gently stir carrot, tomato, baby spinach and a drizzle of the **white wine vinegar** through freekeh. Season to taste.
- Divide freekeh salad between bowls. Top with Mumbai beef.
- Spoon over mint yoghurt and garnish with **flaked almonds** to serve. Serve with **tamarind chutney**. Enjoy!

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