HELLO FRESH

Easy Malaysian Beef & Roast Veggie Curry
with Basmati Rice & Peanuts

KID FRIENDLY

Capsicum

Zucchini

Basmati Rice

Beef Strips

Ginger Paste

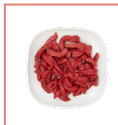Southeast Asian Spice Blend

Coconut Milk

Vegetable Stock Powder

Baby Spinach Leaves

Crushed Peanuts

Beef Strips

Recipe Update

Unfortunately, this week's carrot & zucchini mix was in short supply, so we've replaced it with just zucchini. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 10-20 mins
Ready in: 30-40 mins

Who said curry has to be complicated? Thanks to some shortcut ingredients, this colourful, coconutty and crowd-pleasing beef curry comes together in a jiffy.

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

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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

You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
capsicum	1	2
zucchini	1	2
basmati rice	1 medium packet	1 large packet
beef strips	1 small packet	2 small packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
Southeast Asian spice blend	1 sachet	2 sachets
coconut milk	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
*soy sauce**	1 tbs	2 tbs
*brown sugar**	½ tsp	1 tsp
baby spinach leaves	1 small bag	1 medium bag
crushed peanuts	1 medium packet	1 large packet
beef strips**	1 small packet	2 small packets OR 1 large packet

***Pantry Items** ** *Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3447kJ (824Cal)	558kJ (133Cal)
Protein (g)	43.9g	7.1g
Fat, total (g)	35.6g	5.8g
- saturated (g)	19.5g	3.2g
Carbohydrate (g)	79.1g	12.8g
- sugars (g)	14.8g	2.4g
Sodium (mg)	1316mg	213mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4245kJ (1015Cal)	572kJ (137Cal)
Protein (g)	73.6g	9.9g
Fat, total (g)	43.5g	5.9g
- saturated (g)	22.8g	3.1g
Carbohydrate (g)	79.1g	10.7g
- sugars (g)	14.8g	2g
Sodium (mg)	1386mg	187mg

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.

1

Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle. Cut **capsicum** into bite-size chunks. Cut **zucchini** into thin half-moons.
- Place **zucchini** and **capsicum** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: *If your oven tray is crowded, divide the veggies between two trays.*

2

Cook the rice

- While the veggies are roasting, half-fill a medium saucepan with the boiling water. Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**.
- Drain **rice** and cover to keep warm.

3

Cook the curry

- When the veggies have **5 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over high heat. Cook **beef strips**, tossing, until browned and cooked through, **1-2 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.
- Return frying pan to medium heat with a drizzle of **olive oil**. Cook **ginger paste** and **Southeast Asian spice blend** until fragrant, **1 minute**.
- Add **coconut milk**, **vegetable stock powder**, the **soy sauce** and the **brown sugar** and cook, stirring, until thickened slightly, **1-2 minutes**.
- Return **beef** to pan, then add **roasted veggies** and **baby spinach leaves**. Cook, stirring, until spinach is wilted, **1 minute**. Season with **pepper**.

Custom Recipe: If you've doubled your beef strips, cook in batches for the best results.

4

Serve up

- Divide basmati rice between bowls. Top with Malaysian beef and roast veggie curry.
- Sprinkle with **crushed peanuts** to serve. Enjoy!