



# Beef Brisket Tikka Masala

with Spinach Rice, Cucumber Salsa & Almonds

TAKEAWAY FAVES

KID FRIENDLY



Grab your Meal Kit with this symbol



Basmati Rice



Slow-Cooked Beef Brisket



Brown Onion



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Light-Cooking Cream



Tomato



Cucumber



Baby Spinach Leaves



Flaked Almonds



Greek-Style Yoghurt



Slow-Cooked Beef Brisket

Prep in: 15-25 mins  
Ready in: 30-40 mins

Let us transport you to India with this Mumbai beef delight which cooks to perfection on the stove, while you quickly prep the rice and salsa. Sit back, relax and let all of its rich aromas take over!

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

### Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar, Butter

## 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b> (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
slow-cooked beef brisket	1 medium packet	2 medium packets OR 1 large packet
brown onion	1	2
Mumbai spice blend	1 medium sachet	1 large sachet
mild North Indian spice blend	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
light cooking cream	1 medium packet	1 large packet
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b> (for the curry)	¼ cup	½ cup
tomato	1	2
cucumber	1	2
<b>white wine vinegar*</b>	drizzle	drizzle
baby spinach leaves	1 small packet	1 medium packet
<b>butter*</b>	20g	40g
flaked almonds	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
slow-cooked beef brisket**	1 medium packets	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3821kJ (913Cal)	628kJ (150Cal)
Protein (g)	41.1g	6.8g
Fat, total (g)	43.4g	7.1g
- saturated (g)	21.6g	3.5g
Carbohydrate (g)	87.5g	14.4g
- sugars (g)	23.3g	3.8g
Sodium (mg)	1323mg	217mg
Dietary Fibre (g)	16.4g	2.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4917kJ (1175Cal)	648kJ (155Cal)
Protein (g)	68.6g	9g
Fat, total (g)	59.8g	7.9g
- saturated (g)	28.4g	3.7g
Carbohydrate (g)	89g	11.7g
- sugars (g)	23.6g	3.1g
Sodium (mg)	1818mg	240mg
Dietary Fibre	17.9g	2.4g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the rice

- To a medium saucepan, add the **water (for the rice)** and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!

3



## Make the salsa

- Roughly chop **tomato** and **cucumber**.
- In a medium bowl, combine **tomato**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season.

2



## Make the curry

- Meanwhile, transfer **slow-cooked beef brisket** including the liquid to a bowl and shred with 2 forks. Thinly slice **brown onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **onion** and cook, stirring, until tender, **3-5 minutes**.
- Add **Mumbai spice blend**, **mild North Indian spice blend** and **tomato paste** and cook until fragrant, **1-2 minutes**.
- Reduce heat to medium, then add **beef brisket**, **light cooking cream**, the **brown sugar** and **water (for the curry)**. Simmer, stirring, until slightly reduced, **1-2 minutes**.

**Custom Recipe:** If you've doubled your slow-cooked beef brisket, prepare and cook beef as above.

4



## Serve up

- Stir **baby spinach leaves** and the **butter** through rice. Season to taste.
- Divide spinach rice and beef brisket tikka masala between bowls.
- Top with cucumber salsa and garnish with **flaked almonds**.
- Serve with **Greek-style yoghurt**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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