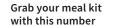
# Beef Brisket Tikka Masala

with Spinach Rice, Salsa & Almonds

KID FRIENDLY









Beef Brisket



**Red Onion** 



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Thickened Cream



Tomato





**Baby Spinach** 



Flaked Almonds







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

#### **Pantry items**

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
water* (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	
red 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	
thickened cream	1 packet	2 packets	
brown sugar*	1 tsp	2 tsp	
water* (for the curry)	1/4 cup	½ cup	
tomato	1	2	
celery	1 medium packet	1 large packet	
white wine vinegar*	drizzle	drizzle	
baby spinach leaves	1 small packet	1 medium packet	
butter*	20g	40g	
flaked almonds	1 medium packet	1 large packet	
Greek-style yoghurt	1 medium packet	1 large packet	
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<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4098kJ (979Cal)	690kJ (164Cal)
Protein (g)	45.4g	7.6g
Fat, total (g)	49.2g	8.3g
- saturated (g)	24.6g	4.1g
Carbohydrate (g)	86.6g	14.6g
- sugars (g)	22.2g	3.7g
Sodium (mg)	1413mg	238mg
Dietary Fibre (g)	16.6g	2.8g

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.



#### 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 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!



#### Make the salsa

- Roughly chop tomato and celery.
- In a medium bowl, combine tomato, celery, a drizzle of white wine vinegar and olive oil. Season with salt and pepper.



## Make the curry

- Transfer slow-cooked beef brisket including the liquid to a bowl and shred with 2 forks. Thinly slice red 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, thickened cream, the brown sugar and water (for the curry). Simmer until slightly reduced, 1-2 minutes.



## 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 salsa and garnish with **flaked almonds**.
- Serve with **Greek-style yoghurt**. Enjoy!









Follow method above, cooking in batches if necessary.



If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

