

Beef Brisket Tikka Masala

with Spinach Rice, Salsa & Almonds

KID FRIENDLY

Grab your meal kit
with this number

11



Basmati Rice



Slow-Cooked
Beef Brisket



Red Onion



Mumbai Spice
Blend



Mild North
Indian Spice Blend



Tomato Paste



Thickened Cream



Tomato



Celery



Baby Spinach
Leaves



Flaked Almonds



Greek-Style
Yoghurt



Slow-Cooked
Beef Brisket



Chicken
Breast

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!

Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar, Butter

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

	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)	¼ 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

*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.

We're here to help!

Scan here if you have any questions or concerns



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

2



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**.

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

CUSTOM OPTIONS



DOUBLE BEEF BRISKET

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

