

Beef Brisket Tikka Masala

with Spinach Rice, Salsa & Almonds

KID FRIENDLY

Grab your meal kit with this number





Basmati Rice

Beef Brisket



Red Onion

Mumbai Spice Blend



Mild North

Indian Spice Blend



Thickened Cream

Tomato



Celery

Baby Spinach Leaves



Flaked Almonds





Pantry items Olive Oil, Brown Sugar, White Wine Vinegar, Butter

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!

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)	4100kJ (979Cal)	691kJ (165Cal)
Protein (g)	45.3g	7.6g
Fat, total (g)	49.4g	8.3g
- saturated (g)	24.7g	4.2g
Carbohydrate (g)	86.5g	14.6g
- sugars (g)	22.2g	3.7g
Sodium (mg)	1413mg	238mg
Dietary Fibre (g)	16.7g	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

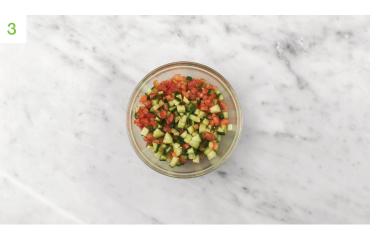
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Cook the rice

- 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!



Make the salsa

CUSTOM

OPTIONS

Roughly chop tomato and celery.

if necessary.

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

DOUBLE SLOW-COOKED BEEF BRISKET

Follow method above, cooking in batches

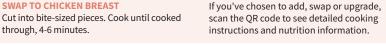
Serve up

SWAP TO CHICKEN BREAST

through, 4-6 minutes.

(c)

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







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 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.

