



# Beef Brisket Tikka Masala

with Spinach Rice & Salsa

KID FRIENDLY

Grab your meal kit with this number

11



White Rice



Slow-Cooked Beef Brisket



Onion



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Thickened Cream



Tomato



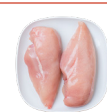
Celery



Baby Spinach Leaves



Greek-Style Yoghurt



Chicken Breast



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!

### 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
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b> (for the rice)	1 ¼ cups	2 ½ cups
white rice	1 medium packet	1 large packet
slow-cooked beef brisket	1 medium packet	2 medium packets OR 1 large packet
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
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b> (for the curry)	¼ cup	½ cup
tomato	1	2
celery	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
baby spinach leaves	1 small packet	1 medium packet
<b>butter*</b>	20g	40g
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2638kJ (637cal)	637kJ (154cal)
Protein (g)	12.6g	3g
Fat, total (g)	27.9g	6.7g
- saturated (g)	17.3g	4.2g
Carbohydrate (g)	80.4g	19.4g
- sugars (g)	22.1g	5.3g
Sodium (mg)	835mg	201.7mg
Dietary Fibre (g)	6.9g	1.7g

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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



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## Cook the rice

- To a medium saucepan, add the **water (for the rice)** and bring to the boil.
- Rinse and drain **white rice**.
- Add **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!

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## Make the salsa & finish the curry

- Meanwhile, roughly chop **tomato** and **celery**.
- In a medium bowl, combine **tomato**, **celery** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.
- To pan with rice, stir through **baby spinach leaves** and the **butter** until spinach has slightly wilted. Season to taste.

### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

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



#### DOUBLE SLOW-COOKED BEEF BRISKET

Follow method above.

2



## Make the curry

- Transfer **slow-cooked beef brisket** including the liquid to a bowl and shred with 2 forks.
- Thinly slice **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

- Divide spinach rice and beef brisket tikka masala between bowls.
- Top with salsa. Serve with **Greek-style yoghurt**. Enjoy!

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

