

Goan-Style Pork Curry & Rice

with Garlic Green Beans

FEEL GOOD TAKEAWAY

Grab your meal kit with this number

41



White Rice



Green Beans



Tomato



Brown Onion



Garlic



Pork Strips



Tomato Paste



Mumbai Spice Blend



Coconut Milk



Chicken Stock Pot



Baby Spinach Leaves



Flaked Almonds



Chicken Breast



Peeled Prawns

Prep in: 20-30 mins
Ready in: 30-40 mins

 Protein Rich

Enjoy tender pork strips smothered with a creamy, golden curry like no other! This Indian delight will tantalise your tastebuds yet comes together fast for a midweek meal. Serve with some garlicky green beans and almonds for extra colour and crunch.

Pantry items

Olive Oil, White Wine Vinegar

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
white rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
green beans	1 medium packet	2 medium packets
tomato	1	2
brown onion	½	1
garlic	3 cloves	6 cloves
pork strips	1 medium packet	2 medium packets OR 1 large packet
tomato paste	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
coconut milk	1 packet	2 packets
water* (for the curry)	¼ cup	½ cup
white wine vinegar*	1 tsp	2 tsp
chicken stock pot	1 small packet	1 medium packet
baby spinach leaves	1 small packet	1 medium packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3000kJ (557cal)	557kJ (103cal)
Protein (g)	38.1g	7.1g
Fat, total (g)	29.7g	5.5g
- saturated (g)	17.7g	3.3g
Carbohydrate (g)	73.4g	13.6g
- sugars (g)	12.9g	2.4g
Sodium (mg)	1205mg	223.6mg
Dietary Fibre (g)	10.4g	1.9g

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

- Rinse and drain **white rice**.
- To a medium saucepan, add the **water (for the rice)** and a generous pinch of **salt**, then bring to the boil.
- 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!



Start the curry

- Return frying pan to high heat with a drizzle of **olive oil**.
- Cook **pork strips**, in batches, until golden, **2-4 minutes**. Transfer to a bowl and set aside.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **tomato** and **onion**, tossing, until tender, **4-5 minutes**.



Get prepped

- Meanwhile, trim and halve **green beans**.
- Roughly chop **tomato** and **brown onion** (see ingredients).
- Finely chop **garlic**.



Finish the curry

- Add **tomato paste**, **Mumbai spice blend** and the remaining **garlic** to the pan and cook until fragrant, **1-2 minutes**.
- Stir in **coconut milk**, the **water (for the curry)**, **white wine vinegar** and **chicken stock pot** and simmer until slightly reduced, **2-3 minutes**.
- Return **cooked pork strips** to the pan and a drizzle of **olive oil**, stirring, until combined and heated through, **1 minute**.
- Remove from heat, then add **baby spinach leaves**, stirring, until combined. Season to taste.



Cook the green beans

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **green beans**, tossing, until tender, **4-5 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**.
- Transfer to serving bowls, season with **salt** and **pepper** and cover to keep warm.



Serve up

- Divide rice between serving bowls with the garlic green beans.
- Top with Goan-style pork curry.
- Sprinkle with **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut into 2cm chunks. Cook until cooked through, 4-6 minutes.



SWAP TO PEELED PRAWNS

Bring curry to a simmer, add prawns and cook until pink and starting to curl up, 3-4 minutes. Add a splash of water if necessary! Continue with method.

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

