



# Quick Saucy Coconut Beef Curry & Rice

with Japanese-Style Cucumber Salad

NEW

KID FRIENDLY

Grab your meal kit  
with this number

2



White Rice



Cucumber



Garlic



Beef Strips



Japanese Curry  
Paste



Coconut Milk



Mixed Salad  
Leaves



Japanese Style  
Dressing



Crushed Peanuts



Chicken  
Breast



Beef  
Strips

Prep in: **15-20** mins  
Ready in: **20-30** mins

In 4 easy steps, you'll have a curry brimming with Japanese and coconut flavours that'll smell absolutely divine. Serve it up on a bed of fluffy rice, topped with crushed peanuts and pair it with a Japanese-style cucumber salad for an equally tasty side sensation.

## Pantry items

Olive Oil, Brown Sugar, Soy Sauce

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
white rice	1 medium packet	1 large packet
cucumber	1	2
garlic	2 cloves	4 cloves
beef strips	1 medium packet	2 medium packets OR 1 large packet
Japanese curry paste	1 packet	2 packets
coconut milk	1 packet	2 packets
<b>brown sugar*</b>	½ tsp	1 tsp
<b>soy sauce*</b>	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
Japanese style dressing	1 packet	2 packets
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3238kJ (723cal)	723kJ (161cal)
Protein (g)	41.5g	9.3g
Fat, total (g)	36.8g	8.2g
- saturated (g)	20.1g	4.5g
Carbohydrate (g)	67.1g	15g
- sugars (g)	8.6g	1.9g
Sodium (mg)	1044mg	233mg
Dietary Fibre (g)	4.1g	0.9g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the rice

- Boil the kettle.
- Rinse and drain **white rice**.
- Half-fill a medium saucepan with the boiling water.
- Add **rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**. Drain, rinse with warm water and set aside.

3



## Make the curry

- Return frying pan to medium-high heat. Cook **garlic**, tossing until fragrant, **1 minute**.
- Stir in **Japanese curry paste**, **coconut milk** and the **brown sugar**, until combined and slightly reduced, **2-3 minutes**.
- Return **cooked beef** to pan, then add the **soy sauce**, stirring until combined, **1 minute**.

2



## Cook the beef

- While rice is cooking, thinly slice **cucumber** into rounds.
- Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When the oil is hot, cook **beef strips**, tossing, in batches until browned and cooked through, **1-2 minutes**.
- Transfer to a bowl, season with **salt** and **pepper** and set aside.

**TIP:** Cooking the meat in batches over high heat helps it stay tender.

4



## Finish & serve

- Meanwhile, in a medium bowl, combine cucumber, **mixed salad leaves** and **Japanese style dressing**. Season to taste.
- Divide rice between bowls. Top rice with saucy coconut beef curry.
- Sprinkle over **crushed peanuts**.
- Serve with Japanese-style cucumber salad. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

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



#### DOUBLE BEEF STRIPS

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.

