

Beef Biryani with Greek Yoghurt & Coriander





Make a beef biriyani!







Zucchini







Korma Curry Paste







Beef Stock



Beef Rump



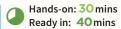
Greek Yoghurt

Pantry Staples



Olive Oil





Curry on rice is all well and good, but when the rice itself is cooked with the curry paste? Now that's magical. Studded with sweet carrots, fresh coriander and tender beef, this is a curry style dish as you've never experienced it before.

START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, large frying pan with a lid, wooden spoon, small jug, medium frying pan, plate and aluminium foil.



Finely slice the **brown onion**. Slice the **carrot** (unpeeled) into 0.5 cm rounds. Slice the **zucchini** into 0.5 cm half-moons. Finely chop the **coriander** leaves.



2 COOK THE VEGGIES
Heat a drizzle of olive oil in a large frying pan over a medium-high heat. Add the brown onion, the carrot and the zucchini and cook, stirring, for 5 minutes, or until tender. Add the Korma curry paste and cook, stirring, for 1 minute, or until fragrant.

* TIP: Frying off curry paste in oil helps to release the flavours.



Add the basmati rice to the frying pan and stir to coat in the curry paste. In a small jug, combine the beef stock cube and the hot water (check the ingredients list for the amount) and stir to dissolve the stock cube. Add the stock liquid to the pan and bring to the boil. Once boiled, cover with a lid and reduce the heat to medium-low. Simmer, stirring every few minutes for 25 minutes, or until the stock is absorbed and the rice is soft.



SERVE UPDivide the beef biryani between bowls and dollop with **Greek yoghurt**.





4 COOK THE STEAK
While the rice is cooking, season the beef rump with a pinch of salt and pepper on both sides. Heat a drizzle of olive oil in a medium frying pan over a medium-high heat. Add the steak and cook for 3-4 minutes on each side (depending on thickness), or until cooked to your liking. ▼ TIP: This will give you a medium steak, but cook for a little less time if you like it rare or a little longer for well-done. Transfer the steak to a plate and cover with foil.



ADD THE BEEF SLICES
Rest the **beef rump** until the rice is cooked, then slice into 5 mm thick slices. Add the beef slices and the **coriander** to the pan with the rice and stir for **1-2 minutes**, or until the beef is heated through.

INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
carrot	2
zucchini	1
coriander 🕖	1 bunch
Korma curry paste	1 tub (50 g)
basmati rice	2 packets (1 ½ cups)
beef stock	1 cube
hot water*	3 ½ cups
beef rump	1 packet
Greek yoghurt	1 tub (170 g)

*Pantry Items | This ingredient can be found in your herb bag

IUTRITION	PER SERVING	PER 100G
nergy (kj)	2370kJ (566Cal)	461kJ (110Cal)
rotein (g)	31.9g	6.2g
at, total (g)	11.5g	2.2g
saturated (g)	4.1g	0.8g
arbohydrate (g)	79.6g	15.5g
sugars (g)	14.3g	2.8g
odium (mg)	838mg	163mg

→ JOIN OUR PHOTO CONTEST!







We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2017 | WK32 | F4

