



Beef Biryani

with Greek Yoghurt & Coriander



Make a beef biryani!



Brown Onion



Carrot



Zucchini



Coriander



Korma Curry Paste



Basmati Rice



Beef Stock



Beef Rump



Greek Yoghurt

Pantry Staples



Olive Oil



Water

Hands-on: **30 mins**
Ready in: **40 mins**

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.

BEFORE YOU 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**.



1 GET PREPPED

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.



3 ADD THE RICE

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.



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.



5 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.



6 SERVE UP

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

Enjoy!

4-5 PEOPLE 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

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 2370kJ (566Cal) | 461kJ (110Cal) |
| Protein (g) | 31.9g | 6.2g |
| Fat, total (g) | 11.5g | 2.2g |
| - saturated (g) | 4.1g | 0.8g |
| Carbohydrate (g) | 79.6g | 15.5g |
| - sugars (g) | 14.3g | 2.8g |
| Sodium (mg) | 838mg | 163mg |

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

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