



Easy Malaysian Beef & Roast Veggie Curry

with Basmati Rice

Grab your Meal Kit with this symbol



Chopped Veggie Mix



Basmati Rice



Beef Strips



Southeast Asian Spice Blend



Coconut Milk



Baby Spinach Leaves



Crushed Peanuts

Hands-on: 10-20 mins
Ready in: 30-40 mins

Our Malaysian beef is coated in an irresistible mix of spices, giving this dish an instant flavour boost. In only four steps and using our new rapid rice technique, this magical meal comes together in a jiffy!

Pantry items

Olive Oil, Brown Sugar, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chopped veggie mix	1 packet (250g)	1 packet (500g)
basmati rice	1 packet	2 packets
beef strips	1 small packet	1 medium packet
Southeast Asian spice blend	1 sachet	2 sachets
coconut milk	1 packet (165ml)	1 packet (400ml)
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tsp	1 tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3103kJ (741Cal)	679kJ (162Cal)
Protein (g)	45.7g	10g
Fat, total (g)	30g	6.6g
- saturated (g)	12.8g	2.8g
Carbohydrate (g)	65.7g	14.4g
- sugars (g)	4.3g	0.9g
Sodium (mg)	771mg	169mg

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.

1



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Boil a full kettle of water. Place the **chopped veggie mix** on a lined oven tray. Drizzle with **olive oil** and season. Toss to coat. Roast until tender, **25-30 minutes**.

2



Make rapid rice

While the veggies are roasting, half-fill a medium saucepan with the boiling water and return to the boil. Add the **basmati rice** and a pinch of **salt** and cook until tender, **12 minutes**. Drain and return to the saucepan.

3



Cook the beef

When the veggies have **5 minutes** remaining, combine the **beef strips** and **Southeast Asian spice blend** in a large bowl. In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **beef strips** until browned and cooked through, **1-2 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate. Return the frying pan to a medium heat. Add the **coconut milk**, **soy sauce** and **brown sugar** and cook until thickened slightly, **1-2 minutes**. Return the **beef** and add the **roasted veggies**. Add the **baby spinach leaves** and stir until wilted, **1 minute**. Season to taste.

4



Serve up

Divide the basmati rice between bowls. Top with the Malaysian beef and roast veggie curry. Garnish with the **crushed peanuts**.

Enjoy!