



# Indian Coconut Beef & Garlic Rice

with Tomato-Mint Salsa & Cucumber Raita

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Cucumber



Greek Yoghurt



Tomato



Baby Spinach Leaves



Mint



Beef Strips



Mild North Indian Spice Blend



Coconut Milk

- Hands-on: **30-40 mins**
- Ready in: **40-50 mins**
- Naturally gluten-free
- Not suitable for Coeliacs*

We're bringing three flavour powerhouses to your place tonight – North Indian-style spices, fresh mint and aromatic garlic. These ingredients just so happen to have the magical touch, creating a dinner that's so tasty you'll hardly believe you made it yourself!

### Pantry items

Olive Oil, Butter, White Wine Vinegar

## 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1½ cups	3 cups
salt*	½ tsp	1 tsp
basmati rice	1 packet	2 packets
cucumber	1	2
Greek yoghurt	1 packet (100g)	1 packet (200g)
tomato	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
mint	1 bunch	1 bunch
white wine vinegar*	1 tsp	2 tsp
beef strips	1 small packet	1 medium packet
mild North Indian spice blend	1 sachet	2 sachets
coconut milk	1 tin (165ml)	1 tin (400ml)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3129kJ (747Cal)	614kJ (146Cal)
Protein (g)	45.3g	8.9g
Fat, total (g)	28g	5.5g
- saturated (g)	17.9g	3.5g
Carbohydrate (g)	71.3g	14g
- sugars (g)	10.1g	2g
Sodium (mg)	691mg	136mg

## 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.



### Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and 1/2 the **salt**, stir, and bring to the boil. Add the **basmati rice**, then reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



### Cook the beef

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **beef strips**, in batches, tossing, until browned and cooked through, **2-3 minutes**. Transfer to a bowl.



### Make the cucumber raita

While the rice is cooking, finely chop the **cucumber**. In a small bowl, combine the **Greek yoghurt** and 1/2 the **cucumber**. Season with **salt** and **pepper** and mix well. Set aside.



### Make the salsa

Roughly chop the **tomato** and **baby spinach leaves**. Pick and finely chop the **mint leaves** (reserve some for garnish!). In a medium bowl, combine the **tomato**, **baby spinach**, **mint** and remaining **cucumber**. Add the **white wine vinegar** and drizzle with **olive oil**. Season with **salt** and **pepper** and stir to combine.



### Make the sauce

Return the frying pan to medium heat with a drizzle of **olive oil**. Add the **Mild North Indian spice blend** and cook until fragrant, **1 minute**. Add the **coconut milk** and remaining **salt** and bring to the boil, then reduce the heat to medium-low. Simmer until thickened slightly, **3 minutes**. Return the **beef** (plus any **resting juices**) to the pan and stir to combine. Season to taste.



### Serve up

Divide the garlic rice and Indian beef between bowls. Serve with the cucumber raita and tomato-mint salsa. Garnish with the reserved mint.

### Enjoy!