



Katsu Beef & Veggie Curry

with Cauliflower Rice & Peanuts



Carrot



Zucchini



Beef Strips



Katsu Paste



Coconut Milk



Baby Spinach Leaves



Cauliflower Rice



Crushed Peanuts



Beef Strips



Hands-on: **10-20 mins**



Ready in: **25-35 mins**



Carb Smart



Naturally Gluten-Free

Not suitable for coeliacs

This moreish, mildly-spiced Japanese dish goes to show that curry doesn't have to be complicated to be delicious. We've served it with fluffy cauliflower rice, the perfect low-carb accompaniment for scooping up all that coconutty curry sauce!

The recent harsh weather conditions have impacted the zucchini grown by our farmers.

The quality and freshness is still the same, but they may be a little smaller than usual.



CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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 · Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
beef strips	1 small packet	1 medium packet
katsu paste	1 medium packet	1 large packet
coconut milk	1 medium tin	1 large tin
water*	¼ cup	½ cup
butter*	20g	40g
baby spinach leaves	1 small bag (30g)	1 medium bag (60g)
cauliflower rice	1 packet (250g)	1 packet (500g)
crushed peanuts	1 medium packet	1 large packet
beef strips**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2270kJ (542Cal)	371kJ (88Cal)
Protein (g)	39.8g	6.5g
Fat, total (g)	32.1g	5.2g
- saturated (g)	22g	3.6g
Carbohydrate (g)	19.4g	3.2g
- sugars (g)	14.7g	2.4g
Sodium (mg)	801mg	131mg
Dietary Fibre	6.7g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2343kJ (559Cal)	383kJ (91Cal)
Protein (g)	37.8g	6.2g
Fat, total (g)	35g	5.7g
- saturated (g)	23.3g	3.8g
Carbohydrate (g)	19.4g	3.2g
- sugars (g)	14.7g	2.4g
Sodium (mg)	814mg	133mg
Dietary Fibre	6.8g	1.1g

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Roast the veggies

- Preheat oven to **220°C/200°C fan forced**.
- Roughly chop **carrot** and **zucchini**. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**.



Cook the cauliflower rice

- Return frying pan to a high heat with a drizzle of **olive oil**.
- Add **cauliflower rice** and cook until softened, **2-4 minutes**. Season to taste.



Cook the beef & sauce

- When roast veggies have **5 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over a high heat. When oil is hot, cook **beef strips** until browned and cooked through, **1-2 minutes**. Transfer **beef** to a plate and cover to keep warm.
- Heat a medium saucepan over a medium-high heat. Add **katsu paste**, **coconut milk** and the **water**. Cook, stirring, until slightly reduced, **2-3 minutes**.
- Remove saucepan from heat, then add **beef**, roast **veggies**, **baby spinach leaves** and **butter**. Stir until butter is melted. Season to taste.

CUSTOM RECIPE

If you've doubled your beef strips, cook beef in batches for best results!



Serve up

- Divide cauliflower rice between bowls.
- Top with katsu beef and veggie curry.
- Sprinkle with **crushed peanuts** to serve.

Enjoy!