HELLO FRESH

Mild Coconut Beef & Veggie Curry
with Asian Greens & Garlic Rice

NEW

Carrot

Brown Onion

Garlic

Asian Greens

Basmati Rice

Beef-Style Stock Powder

Coconut Milk

Beef Strips

Mild Curry Paste

Beef Strips

Recipe Update
Unfortunately, this week's bamboo shoots were in short supply, so we've replaced them with Asian greens. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Pantry items

Olive Oil, Butter

Prep in: 20-30 mins
Ready in: 30-40 mins

This creamy coconut beef curry will add the spice you never knew you needed to your night. It's filled to the brim with bright veggies and a fragrant garlic rice to soak everything up.

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

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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
carrot	1	2
brown onion	1	2
garlic	3 cloves	6 cloves
Asian greens	1 bag	2 bags
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* *(for the rice)*	1½ cups	3 cups
beef strips	1 small packet	1 medium packet
mild curry paste	1 medium packet	1 large packet
beef-style stock powder	1 medium sachet	1 large sachet
water* *(for the curry)*	¼ cup	½ cup
coconut milk	1 medium tin	2 medium tins
beef strips**	1 small packet	1 medium packet

*Pantry Items *******Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3512kJ (839Cal)	614kJ (147Cal)
Protein (g)	38.4g	6.7g
Fat, total (g)	38.1g	6.7g
- saturated (g)	22.3g	3.9g
Carbohydrate (g)	81.3g	14.2g
- sugars (g)	15.7g	2.7g
Sodium (mg)	1620mg	283mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4298kJ (1027Cal)	617kJ (147Cal)
Protein (g)	68.3g	9.8g
Fat, total (g)	45.6g	6.5g
- saturated (g)	25.5g	3.7g
Carbohydrate (g)	81.3g	11.7g
- sugars (g)	15.7g	2.3g
Sodium (mg)	1689mg	242mg

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.

We're here to help!

1

Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** into bite-sized chunks. Cut **brown onion** into thick wedges.

2

Roast the veggies

- Place **carrot** and **onion** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until golden and tender, **20-25 minutes**.

3

Make the garlic rice

- Meanwhile, finely chop **garlic**. Roughly chop **Asian greens**.
- Heat a medium saucepan with 1/2 the **butter** and a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, **water (for the rice)** and a good pinch of **salt**, stir, then bring to the boil.
- 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 is absorbed, **10 minutes**.

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

4

Make the curry

- When the veggies have **5 minutes** cook time remaining, heat a large frying pan with a drizzle of **olive oil** over high heat. When the oil is hot, cook **beef strips** in batches until browned and cooked through, **1-2 minutes**. Transfer to a plate.
- Return the pan to medium-high heat with a drizzle of **olive oil**. Add **mild curry paste** and remaining **garlic** and cook until fragrant, **1 minute**.
- Add **beef-style stock powder**, **water (for the curry)** and **coconut milk** and cook until slightly thickened, **3-4 minutes**. Add **Asian greens** and cook until softened **1-2 minutes**.

Custom Recipe: Cook beef strips in batches for the best results.

5

Bring it all together

- Add the **roasted veggies** to the curry.
- Return **beef** to the pan and stir to combine. Season to taste.

TIP: *Add a splash of water if the curry is too thick!*

Custom Recipe: Return all beef to the pan and stir to combine.

6

Serve up

- Divide the garlic rice between bowls.
- Top with the mild beef and veggie curry to serve. Enjoy!

Rate your recipe

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