



Mumbai Beef & Potato Curry

with Rice & Roasted Peanuts

Grab your Meal Kit with this symbol



Potato



Carrot



Capsicum



Basmati Rice



Tomato Paste



Mumbai Spice Blend



Coconut Milk



Roasted Peanuts



Beef Strips



Beef Strips

Prep in: **25-35 mins**
Ready in: **30-40 mins**

This Indian-inspired coconutty beef curry will add the (mild) spice you never knew you needed to your night. It's filled to the brim with bright and subtly sweet veggies and hearty chunks of potato, and finished with a nutty sprinkling roasted peanuts for crunch.

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

Pantry items

Olive Oil, Brown Sugar

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
potato	1	2
carrot	1	2
capsicum	1	2
water* (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
beef strips	1 small packet	1 medium packet
tomato paste	½ packet	1 packet
Mumbai spice blend	1 large sachet	2 large sachets
coconut milk	1 medium tin	2 medium tins
brown sugar*	1 tsp	2 tsp
water* (for the curry)	¼ cup	½ cup
roasted 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)	3572kJ (854Cal)	585kJ (140Cal)
Protein (g)	44.6g	7.3g
Fat, total (g)	31.2g	5.1g
- saturated (g)	17.3g	2.8g
Carbohydrate (g)	93.3g	15.3g
- sugars (g)	17.7g	2.9g
Sodium (mg)	1183mg	194mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4358kJ (1042Cal)	593kJ (142Cal)
Protein (g)	74.6g	10.1g
Fat, total (g)	38.7g	5.3g
- saturated (g)	20.5g	2.8g
Carbohydrate (g)	93.3g	12.7g
- sugars (g)	17.7g	2.4g
Sodium (mg)	1252mg	170mg

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.



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato, carrot** and **capsicum** into small chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Cook the rice

- Meanwhile, in a medium saucepan, add the **water (for the rice)** and bring to the boil.
- Add **basmati rice**. Stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove pan from heat.
- Keep covered until rice is tender and water is absorbed, **10 minutes**.

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



Cook the beef

- While the rice is cooking, heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Transfer to a large bowl. Set aside.

TIP: Cooking the beef in batches over high heat helps it stay tender.

Custom Recipe: If you've doubled your beef, cook in batches for best results!



Start the curry

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Add **tomato paste** (see ingredients) and **Mumbai spice blend**. Cook, stirring, until fragrant, **1-2 minutes**.



Finish the curry

- Add **coconut milk**, the **brown sugar** and the **water (for the curry)** to the frying pan.
- Simmer, stirring, until thickened, **2-3 minutes**.
- Remove pan from heat. Add roasted **veggies**, then return the **beef strips** (plus any resting juices) to the pan. Stir to combine. Season to taste.



Serve up

- Divide rice between plates. Top with the Mumbai beef and potato curry.
- Sprinkle with **roasted peanuts** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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