

Mumbai Beef Rice Bowl

with Salsa & Flaked Almonds

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Currants



Beef Strips



Mumbai Spice Blend



Greek Yoghurt



Cucumber



Tomato



Mint



Flaked Almonds



Baby Spinach Leaves

Hands-on: 25-35 mins
 Ready in: 30-40 mins

Calorie Smart

Naturally gluten-free
Not suitable for Coeliacs

This beef rice bowl is a wonderful symphony of flavours. Basmati rice is infused with a combination of savoury and sweet from garlic and currants, while beef strips are coated in our warming Mumbai spice blend. We've included some cooling yoghurt and a refreshing salsa to round out the meal.

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
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
currants	1 packet	2 packets
beef strips	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
Greek yoghurt	1 packet (100g)	1 packet (200g)
cucumber	1	2
tomato	1	2
mint	1 bunch	1 bunch
white wine vinegar*	1 tsp	2 tsp
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2718kJ (649Cal)	659kJ (157Cal)
Protein (g)	42.8g	10.4g
Fat, total (g)	17.9g	4.3g
- saturated (g)	7.9g	1.9g
Carbohydrate (g)	75.2g	18.2g
- sugars (g)	13.8g	3.3g
Sodium (mg)	616mg	149mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.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 heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water**, **salt** and **currants** and 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.



Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



Flavour the beef

While the rice is cooking, combine the **beef strips**, **Mumbai spice blend**, 1/2 the **Greek yoghurt** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**. Toss to coat and set aside.



Cook the beef

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef**, in batches, tossing, until the beef is browned and cooked through, **1-2 minutes**.



Make the salsa

Finely chop the **cucumber** and **tomato**. Roughly chop the **mint** leaves. In a medium bowl, combine the **cucumber**, **tomato**, **mint** and **white wine vinegar**. Season to taste.



Serve up

Stir the **baby spinach leaves** through the garlic rice and divide between bowls. Top with the **Mumbai beef**, **salsa** and the remaining **Greek yoghurt**. Sprinkle over the **toasted almonds**.

TIP: For the **Calorie Smart** option, serve without the **Greek yoghurt** or **flaked almonds**.

Enjoy!