



# Plant-Based Beef & Coconut Curry

with Snow Peas & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Onion



Carrot



Snow Peas



Plant-Based Pulled Beef



Sri Lankan Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Pot



Mixed Leaves



Crispy Shallots

### Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 15-25 mins  
Ready in: 25-35 mins

Plant Based

When you have our plant-based pulled 'beef' handy, it's easy to create meat-free versions of all your go-to comfort foods - starting with this creamy curry! To cut through the richness, spike the mildly spiced coconut sauce with tomato paste and sweet snow peas, and serve over fluffy garlic rice.

### Pantry items

Olive Oil, Plant-Based Butter, Soy Sauce

## 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
plant-based butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
onion	1	2
carrot	1	2
snow peas	1 small bag	1 medium bag
plant-based pulled beef	1 packet	2 packets
Sri Lankan spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
coconut milk	1 medium tin	1 large tin
water* (for the curry)	½ cup	1 cup
vegetable stock pot	1 packet (20g)	1 packet (40g)
soy sauce*	2 tsp	1 tbs
mixed leaves	1 medium bag	1 large bag
crispy shallots	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3468kJ (828Cal)	600kJ (143Cal)
Protein (g)	15.4g	2.7g
Fat, total (g)	34.6g	6g
- saturated (g)	22.7g	3.9g
Carbohydrate (g)	107.5g	18.6g
- sugars (g)	24g	4.2g
Sodium (mg)	2077mg	359mg

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](https://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](https://hellofresh.com.au/contact)

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## Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **plant-based butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add **basmati rice**, the **water (for the rice)** and the **salt** and bring to the boil.
- Reduce heat to low and cover with lid. Cook for **10 minutes**, then remove 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!

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## Make the curry

- Return frying pan to medium heat with a drizzle of **olive oil**. Cook **plant-based pulled beef**, stirring occasionally, until starting to brown, **4-6 minutes**.
- Add **Sri Lankan spice blend** and **tomato paste** and cook until fragrant, **1 minute**. Add **coconut milk**, the **water (for the curry)**, **vegetable stock pot** and the **soy sauce**. Cook, stirring, until slightly thickened, **1-2 minutes**.
- Add **mixed leaves**, then return **veggies** to pan. Cook until sauce is thickened and leaves are wilted, **2-3 minutes**.

**TIP:** If you prefer a thinner consistency, add a splash more water to the curry.

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## Get prepped & cook the veggies

- While rice is cooking, thinly slice **onion**. Thinly slice **carrot** into half-moons. Trim **snow peas** and cut into bite-sized chunks. Roughly chop **plant-based pulled beef** and set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **carrot**, stirring occasionally, until softened, **4-5 minutes**. Add **snow peas** and remaining **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl.

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## Serve up

- Divide garlic rice between bowls.
- Top with plant-based beef and coconut curry.
- Garnish with **crispy shallots** to serve.

## Enjoy!

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