

Quick Sri Lankan Beef Curry & Garlic Rice

with Mint Yoghurt

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Brown Onion



Green Beans



Carrot



Baby Spinach Leaves



Mint



Flaked Almonds



Greek-Style Yoghurt



Beef Mince



Sri Lankan Spice Blend



Ginger Lemongrass Paste



Tomato Paste



Beef Stock Pot

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**
Naturally gluten-free
Not suitable for Coeliacs

We're bringing three flavour powerhouses to your place tonight – Sri Lankan-style spices, fresh mint and aromatic ginger. These ingredients just so happen to have the magical touch, creating a dinner that's so tasty you'll hardly believe you made it yourself!

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
brown onion	1	2
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
mint	1 bunch	1 bunch
flaked almonds	1 packet	2 packets
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
beef mince	1 small packet	1 medium packet
Sri Lankan spice blend	1 sachet	2 sachets
ginger lemongrass paste	1 tub	2 tubs
tomato paste	1 sachet	2 sachets
water* (for the curry)	¾ cup	1½ cups
beef stock pot	1 tub (20g)	1 tub (40g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3362kJ (803Cal)	585kJ (139Cal)
Protein (g)	42g	7.3g
Fat, total (g)	29.6g	5.1g
- saturated (g)	12.4g	2.2g
Carbohydrate (g)	87.5g	15.2g
- sugars (g)	22.2g	3.9g
Sodium (mg)	1128mg	196mg

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.



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 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and a generous pinch of **salt** 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 has absorbed, **10 minutes**.

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



Make the mint yoghurt

While the veggies are cooking, combine the **mint**, **Greek-style yoghurt** and a small drizzle of **olive oil** in a small bowl. Season to taste. Stir to combine.



Get prepped

While the rice is cooking, slice the **brown onion**. Trim the **green beans** and cut into thirds. Thinly slice the **carrot** into half-moons. Roughly chop the **baby spinach leaves**. Pick and finely chop the **mint leaves**. 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.



Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, **green beans** and **carrot**, stirring occasionally, until softened, **5-6 minutes**. Transfer to a bowl.



Make the curry

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**. Add the **Sri Lankan spice blend**, **ginger lemongrass paste**, **tomato paste** and remaining **garlic** and cook until fragrant, **1 minute**. Reduce the heat to medium and add the **water (for the curry)** and **beef stock pot** and stir to combine. Return the cooked **veggies** and **baby spinach** to the pan and cook until thickened slightly, **2-3 minutes**.



Serve up

Divide the garlic rice between bowls and top with the Sri Lankan beef curry. Top with the mint yoghurt and flaked almonds.

Enjoy!