



BEEF TANDOORI BOWL

with Garlic Rice & Cucumber Raita



Infuse rice with garlic and mustard seeds



Brown Onion



Garlic



Brown Mustard Seeds



Basmati Rice



Tandoori Paste



Greek Yoghurt



Beef Strips



Cucumber



Mint



Cherry Tomatoes



Flaked Almonds

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

Naturally gluten-free
Not suitable for Coeliacs

We're bringing two flavour powerhouses to your place tonight – tandoori paste and brown mustard seeds. This Indian duo has a magical touch, creating a dinner that's so tasty you'll hardly believe you made it yourself.

Pantry Staples: Olive Oil, Butter, Vinegar
(White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 COOK THE GARLIC RICE

Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium-high heat. Add the **onion** and the **brown mustard seeds** and cook, stirring, until softened, **3-4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and **1/2 the salt**. Bring to the boil, then add the **basmati rice**. 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!*



2 FLAVOUR THE BEEF

While the rice is cooking, in a medium bowl, combine the **tandoori paste**, some **Greek yoghurt** (**1 tbs for 2 people / 2 tbs for 4 people**), the **remaining salt** and a **good drizzle of olive oil**. Add the **beef strips**, toss to coat and set aside.



3 GET PREPPED

Finely chop the **cucumber**. Pick and finely chop the **mint** leaves. In a small bowl, combine the **remaining Greek yoghurt**, **1/2 the cucumber** and **1/2 the mint**. Season with **salt** and **pepper** and mix well. Set aside. Cut the **cherry tomatoes** in half. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, stirring occasionally, until golden, **2-3 minutes**. Transfer to a plate.



4 MAKE THE TOMATO SALAD

In a second medium bowl, combine the **cherry tomatoes**, **remaining cucumber** and **remaining mint**. Add the **vinegar** and a **drizzle of olive oil**. Season with **salt** and **pepper** and stir to combine.



5 COOK THE BEEF

Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, add the **tandoori beef** and cook, tossing often, until the beef is browned and cooked through, **1-2 minutes**. **TIP:** *Don't worry if your beef gets a little charred during cooking. It adds to the flavour!*



6 SERVE UP

Divide the garlic rice and beef tandoori between bowls. Top with the cucumber raita and tomato salad. Sprinkle with the toasted flaked almonds.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
butter*	20g	40g
brown mustard seeds	1 sachet	2 sachets
water*	1½ cups	3 cups
salt*	½ tsp	1 tsp
basmati rice	1 packet	2 packets
tandoori paste	1 tub (50g)	2 tubs (100g)
Greek yoghurt	1 packet (100g)	2 packets (200g)
beef strips	1 packet	1 packet
cucumber	1	2
mint	1 bunch	1 bunch
cherry tomatoes	1 punnet	2 punnets
flaked almonds	1 packet	2 packets
vinegar* (white wine or red wine)	½ tsp	1 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2940kJ (701Cal)	491kJ (117Cal)
Protein (g)	40.3g	6.7g
Fat, total (g)	23.4g	3.9g
- saturated (g)	10.0g	1.7g
Carbohydrate (g)	77.7g	13.0g
- sugars (g)	13.9g	2.3g
Sodium (g)	1270mg	213mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2020 | WK02

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