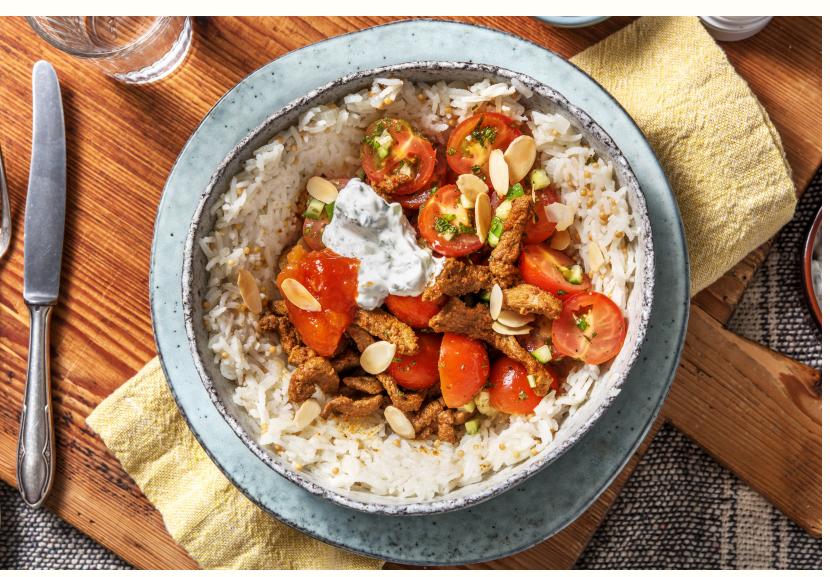


# **BEEF TANDOORI BOWL**

with Garlic Rice & Cucumber Raita





Infuse rice with garlic and mustard seeds



Brown Onion





Brown Mustard





Tandoori Paste





**Beef Strips** 



Cucumber





**Cherry Tomatoes** 



Flaked Almonds

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



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.



## **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!



## **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.



# **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.



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.



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!



**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!**

# **INGREDIENTS**

	1	
	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	1tsp

<sup>\*</sup>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

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