



Everything But The Chef

hellofresh.com.au

hello@hellofresh.com.au | 02 81 888 722

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## Beef & Spinach Curry

Celebrate Indian Republic Day with a curry that is a delight for the senses. Not only is there a gorgeous golden mild curry powder to keep you warm, we've also thrown in fresh ginger, chilli and coriander to really deliver big, bold flavours. Tuck in and toast to the country from which we draw endless culinary inspiration.

**Pantry Items:** olive oil, water, hot water

- Prep:** 10 mins
- Cook:** 35 mins
- Total:** 45 mins
- level 1**
- spicy**
- high protein**
- winter warmer**



Mild Curry Powder



Rump Steak



Red Onion



Ginger



Birdseye Chilli



Beef Stock Cube



Tomato Paste



Baby Spinach



Jasmine Rice



Yoghurt



Coriander

2P	4P	Ingredients
1 tbs	2 tbs	mild curry powder
1 tbs	2 tbs	olive oil *
1 steak	2 steaks	beef rump
1	2	red onion, thinly sliced
1 knob	2 knobs	ginger, peeled & finely grated
1	2	birdseye chilli, deseeded & finely chopped
1 cube	2 cubes	beef stock
2 cups	4 cups	hot water *
2 tbs	4 tbs	tomato paste
2/3 cup	1 1/3 cups	Jasmine rice
1 1/2 cups	3 cups	water *
1 bag	2 bags	baby spinach, washed
1 tub	2 tubs	yoghurt
1 bunch	2 bunches	coriander leaves picked, to garnish

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	1930	Kj
Protein	41.4	g
Fat, total	16.5	g
-saturated	5.3	g
Carbohydrate	34.5	g
-sugars	11.1	g
Sodium	506	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** chopping board, chef's knife, grater, stirring spoon, tongs, small bowl, deep frying pan, measuring jug, sieve, medium saucepan, plate and aluminium foil.

**1** In a small bowl combine the **mild curry powder** and half of the **olive oil** to form a paste.

**2** Heat the remaining oil in a deep frying pan over a medium-high heat. Add the **rump steak** and cook for **3 minutes** on each side, or until cooked to your liking. Transfer to a plate and cover with foil to keep warm. Rest for at least **5 minutes**.

**3** In the same pan heat a dash of oil over a medium-high heat. Add the **red onion** and cook, stirring, for **3 minutes** or until soft. Add the **ginger** and **chilli**. Cook, stirring, for **1 minute** or until fragrant. Add the curry paste and cook, stirring, for **1 minute**. Crumble the **beef stock cube** into a jug of **hot water** and add to the pan with the **tomato paste**. Bring to the boil. Reduce heat to medium-low. Simmer for **15 minutes** or until the sauce has thickened.

**4** Meanwhile, place the **jasmine rice** into a sieve and rinse it with cold tap water. The water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Place rice and the **water** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for **10-12 minutes** or until rice is soft and water is absorbed.

**5** Slice the beef into cubes. Return to the pan with the resting meat juices and the **baby spinach**. Simmer for **1-2 minutes**, or until heated through. Remove from the heat and stir through half of the **yoghurt**. Serve with the rice, a dollop of the remaining yoghurt and the **coriander leaves**.



**Did you know?** The record for the World's Largest Curry was broken in New Delhi in 2008. Sixty chefs made nearly 12 tonnes of curry!