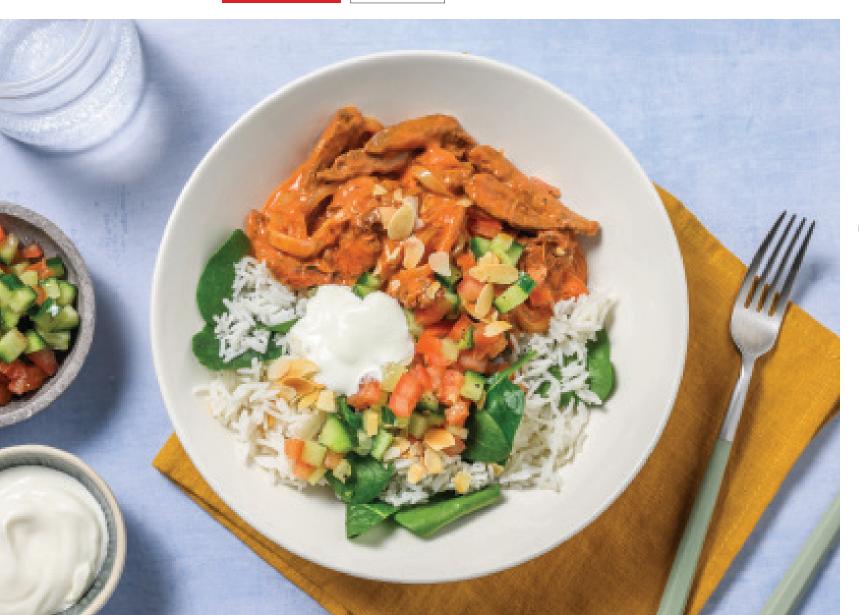


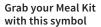
# Beef Brisket Tikka Masala

with Spinach Rice, Cucumber Salsa & Almonds

TAKEAWAY FAVES

KID FRIENDLY











Beef Brisket



**Brown Onion** 







Mild North



Tomato Paste

Indian Spice Blend



**Light Cooking** 



Tomato

Cream





Cucumber

**Baby Spinach** 

Greek-Style



Flaked Almonds







Prep in: 15-25 mins Ready in: 30-40 mins

Let us transport you to India with this Mumbai beef delight which cooks to perfection on the stove, while you quickly prep the rice and salsa. Sit back, relax and let all of its rich aromas take over!



Olive Oil, Brown Sugar, White Wine Vinegar, Butter

# Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
slow-cooked beef brisket	1 medium packet	2 medium packets OR 1 large packet
brown onion	1	2
Mumbai spice blend	1 medium sachet	1 large sachet
mild North Indian spice blend	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
light cooking cream	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
water* (for the curry)	1/4 cup	½ cup
tomato	1	2
cucumber	1	2
white wine vinegar*	drizzle	drizzle
baby spinach leaves	1 small packet	1 medium packet
butter*	20g	40g
flaked almonds	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
slow-cooked beef brisket**	1 medium packets	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3821kJ (913Cal)	628kJ (150Cal)
Protein (g)	41.1g	6.8g
Fat, total (g)	43.4g	7.1g
- saturated (g)	21.6g	3.5g
Carbohydrate (g)	87.5g	14.4g
- sugars (g)	23.3g	3.8g
Sodium (mg)	1323mg	217mg
Dietary Fibre (g)	16.4g	2.7g
Custom Recipe		

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Avg Qty	Per Serving	Per 100g
Energy (kJ)	4917kJ (1175Cal)	648kJ (155Cal)
Protein (g)	68.6g	9g
Fat, total (g)	59.8g	7.9g
- saturated (g)	28.4g	3.7g
Carbohydrate (g)	89g	11.7g
- sugars (g)	23.6g	3.1g
Sodium (mg)	1818mg	240mg
Dietary Fibre	17.9g	2.4g
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The quantities provided above are averages only.

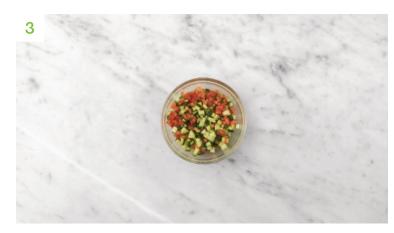
Allergens
Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Cook the rice

- To a medium saucepan, add the water (for the rice) and bring to the boil.
- Add basmati rice, stir, cover with a lid and reduce heat to low.
- Cook for 10 minutes, then remove pan from heat and 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!



## Make the salsa

- · Roughly chop tomato and cucumber.
- In a medium bowl, combine tomato, cucumber and a drizzle of white wine vinegar and olive oil. Season.



# Make the curry

- Meanwhile, transfer **slow-cooked beef brisket** including the liquid to a bowl and shred with 2 forks. Thinly slice **brown onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add onion and cook, stirring, until tender, 3-5 minutes.
- Add Mumbai spice blend, mild North Indian spice blend and tomato paste and cook until fragrant, 1-2 minutes.
- Reduce heat to medium, then add beef brisket, light cooking cream, the **brown sugar** and **water (for the curry)**. Simmer, stirring, until slightly reduced, 1-2 minutes.

Custom Recipe: If you've doubled your slow-cooked beef brisket, prepare and cook beef as above.



# Serve up

- Stir baby spinach leaves and the butter through rice. Season to taste.
- Divide spinach rice and beef brisket tikka masala between bowls.
- Top with cucumber salsa and garnish with **flaked almonds**.
- Serve with Greek-style yoghurt. Enjoy!

