



Indian Beef Keema Curry

with Garlic Rice & Cashews

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Brown Onion



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Coconut Milk



Coriander



Roasted Cashews



Carrot & Zucchini Mix



Beef Mince



Ginger Paste

Prep in: **20-30 mins**
Ready in: **25-35 mins**

This mildly spiced beef mince curry is sure to be a household hit. It comes together with a good glug of coconut milk, and in four simple steps - some of which are kid-friendly; check out our tips for little cooks peppered through the recipe!

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 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
brown onion	1	2
carrot & zucchini mix	1 medium bag	1 large bag
beef mince	1 small packet	1 medium packet
Mumbai spice blend	1 large sachet	2 large sachets
mild North Indian spice blend	1 medium sachet	1 large sachet
ginger paste	1 medium packet	1 large packet
tomato paste	1 medium packet	1 large packet
coconut milk	1 medium tin	2 medium tins
water* (for the curry)	½ cup	1 cup
coriander	1 bag	1 bag
roasted cashews	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4046kJ (967Cal)	639kJ (153Cal)
Protein (g)	41.4g	6.5g
Fat, total (g)	46.6g	7.4g
- saturated (g)	25.4g	4g
Carbohydrate (g)	90.6g	14.3g
- sugars (g)	20.6g	3.3g
Sodium (mg)	1466mg	232mg

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.

We're here to help!

Scan here if you have any questions or concerns

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1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water (for the rice)** and a pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat.
- 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!

3



Cook the curry

- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **Mumbai spice blend**, **Mild North Indian spice blend**, **ginger paste** and remaining **garlic**. Cook until fragrant, **1 minute**.
- Reduce heat to medium, then stir in **tomato paste**, **coconut milk** and the **water (for the curry)**. Return **veggies** to pan. Season to taste, then stir to combine. Simmer until thickened, **4-5 minutes**. Remove pan from heat.

TIP: For best results, drain the oil from the pan before adding the spice blends.

2



Cook the veggies

- Meanwhile, finely chop **brown onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **carrot & zucchini mix**, stirring occasionally, until slightly softened, **4-5 minutes**.
- Transfer **veggies** to a bowl.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!

4



Serve up

- Roughly chop **coriander**.
- Divide garlic rice between bowls. Top with Indian beef keema curry.
- Sprinkle with **roasted cashews** and coriander to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the garnishes!

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