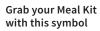


Indian Beef Keema Curry with Garlic Rice & Cashews







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!

AK

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 \cdot 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 2022 | CW39



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!



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.



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!



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!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate