



Mumbai Spiced Beef & Freekeh Salad

with Mint Yoghurt & Roasted Cashews

DIETITIAN APPROVED



Grab your Meal Kit with this symbol



Freekeh



Carrot



Tomato



Baby Spinach Leaves



Mint



Garlic



Greek-Style Yoghurt



Mumbai Spice Blend



Beef Strips

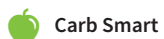


Roasted Cashews



Chicken Tenderloins

Prep in: 15-25 mins
Ready in: 40-50 mins



Eat Me Early*
*Custom Recipe only

If you haven't tried freekeh, give this colourful bowl a try. Stirring fresh veggies and spinach through this protein-rich ancient grain brings it to life, while the addition of succulent spiced beef strips delivers a nutritionally balanced meal everyone will love.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, White Wine Vinegar

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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekeh	1 packet	2 packets
carrot	1	2
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
mint	1 bag	1 bag
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
beef strips	1 small packet	1 medium packet
Mumbai spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
roasted cashews	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	2 small packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2368kJ (566Cal)	609kJ (146Cal)
Protein (g)	42.5g	10.9g
Fat, total (g)	23.7g	6.1g
- saturated (g)	6.6g	1.7g
Carbohydrate (g)	31.9g	8.2g
- sugars (g)	14.8g	3.8g
Sodium (mg)	678mg	174mg
Dietary Fibre (g)	21.7g	5.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2294kJ (548Cal)	535kJ (128Cal)
Protein (g)	49.1g	11.5g
Fat, total (g)	18.6g	4.3g
- saturated (g)	4.2g	1g
Carbohydrate (g)	31.9g	7.4g
- sugars (g)	14.8g	3.5g
Sodium (mg)	681mg	159mg
Dietary Fibre	21.9g	5.1g

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



1



Cook the garlic freekeh

- Rinse **freekeh**.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **freekeh**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill the saucepan with water, then add a good pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **30-35 minutes**. Drain and rinse.

TIP: The freekeh is cooked when it has softened but still retains some bite.

3



Cook the beef

- When the freekeh has **5 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** and **Mumbai spice blend** in batches until browned and cooked through, **1-2 minutes**. Remove from heat, return all **beef** to pan, then add the **honey** and toss to coat. Transfer to a plate.
- Return pan to medium heat with a drizzle of **olive oil** and **garlic**. Cook until fragrant, **1 minute**. Return **freekeh** to the pan with a pinch of **salt** and stir to combine.

TIP: Cooking the beef in batches over high heat helps it stay tender.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken tenderloins until browned and cooked through, 3-4 minutes each side. Transfer to a plate. Continue as above.

2



Get prepped

- Meanwhile, grate **carrot**. Roughly chop **tomato** and **baby spinach leaves**. Pick and thinly slice **mint leaves**. Finely chop **garlic**.
- In a small bowl, combine **mint** and **Greek-style yoghurt** and set aside.

Custom Recipe: If you've swapped to chicken tenderloins, in a medium bowl, combine Mumbai spice blend and a drizzle of olive oil. Add chicken tenderloins, season with salt and toss to combine.

4



Serve up

- Gently stir carrot, tomato, baby spinach and a drizzle of the **white wine vinegar** through freekeh. Season to taste.
- Divide freekeh salad between bowls. Top with Mumbai beef.
- Spoon over mint yoghurt and garnish with **roasted cashews** to serve. Enjoy!

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