



Quick Indian Beef Keema Curry

with Garlic Rice & Cashews

Grab your Meal Kit
with this symbol



Garlic



Basmati Rice



Onion



Carrot



Green Beans



Beef Mince



Mumbai Spice
Blend



Ginger Paste



Tomato Paste



Coconut Milk



Beef-Style
Stock Powder



Herbs



Roasted Cashews



Hands-on: **20-30** mins



Ready in: **25-35** mins



Naturally Gluten-Free

Not suitable for coeliacs

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* (for the rice)	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1 ½ cups	3 cups
onion	1	2
carrot	1	2
green beans	1 bag (200g)	1 bag (400g)
beef mince	1 small packet	1 medium packet
butter* (for the sauce)	20g	40g
Mumbai spice blend	1 large sachet	2 large sachets
ginger paste	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
coconut milk	1 medium tin	1 large tin
water* (for the curry)	½ cup	1 cup
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
herbs	1 bag	1 bag
roasted cashews	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4358kJ (1041Cal)	667kJ (159Cal)
Protein (g)	41.9g	6.4g
Fat, total (g)	53.9g	8.3g
- saturated (g)	30.5g	4.7g
Carbohydrate (g)	91g	13.9g
- sugars (g)	20.1g	3.1g
Sodium (mg)	1867mg	286mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter (for the rice)** 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 the water is absorbed, **10 minutes** (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**. Push **mince** to one side of the pan, then add the **butter (for the sauce)**, **Mumbai spice blend**, **ginger paste** and remaining **garlic**. Cook until fragrant, **1 minute**.
- Reduce heat to medium, then add **tomato paste**, **coconut milk**, the **water (for the curry)** and **beef-style stock powder**. Stir to combine. Return **veggies** to pan. Season with **salt**, then stir to combine. Simmer until thickened, **4-5 minutes**.

2



Cook the veggies

- While rice is cooking, finely chop **onion**. Thinly slice **carrot** into half-moons. Trim **green beans** and slice into thirds.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **carrot**, stirring occasionally, until softened, **4-5 minutes**.
- Add **green beans** and cook until tender, **5-6 minutes**. Transfer **veggies** to a medium bowl and set aside.

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

4



Serve up

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

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

Enjoy!