

# Quick Mumbai Beef & Coconut Curry with Veggies & Rapid Rice









**Baby Spinach** 



**Beef Strips** 

Mild North Indian Spice Blend



Chopped Veggie



Blend



Coconut Milk



Stock Powder



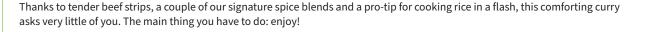
**Crushed Peanuts** 

**Pantry items** Olive Oil



Hands-on: 20-30 mins Ready in: 20-30 mins Naturally Gluten-Free

Not suitable for coeliacs



## 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
beef strips	1 small packet	1 medium packet
mild North Indian spice blend	1 sachet	2 sachets
chopped veggie mix	1 medium bag	1 large bag
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 medium tin	1 large tin
water*	1/4 cup	½ cup
beef-style stock powder	1 medium sachet	1 large sachet
crushed peanuts	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2955kJ (706Cal)	661kJ (157Cal)
Protein (g)	44.2g	9.9g
Fat, total (g)	23g	5.1g
- saturated (g)	14.5g	3.2g
Carbohydrate (g)	75.4g	16.9g
- sugars (g)	10.8g	2.4g
Sodium (mg)	787mg	176mg

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

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add basmati rice and a pinch of salt and cook, uncovered, over a high heat until tender, 12 minutes.
- Drain and return to saucepan.



## Get prepped

- While rice is cooking, roughly chop baby spinach leaves.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat.
- Add beef strips and mild North Indian spice blend and cook, stirring, until browned, 1-2 minutes. Transfer to a plate.



# Bring it all together

- Return frying pan to a medium-high heat with a generous drizzle of olive oil.
- Cook chopped veggie mix until tender, 4-5 minutes.
- Add **Mumbai spice blend** and cook, stirring, until fragrant, **30 seconds**.
- Add coconut milk, the water, beef-style stock powder and baby spinach.
   Cook until slightly thickened and spinach is wilted, 1-2 minutes.
- Return **beef** to frying pan. Stir to combine. Season to taste.

TIP: Add a splash more water if the curry looks too thick.



## Serve up

- Divide rapid rice between bowls. Top with Mumbai beef and coconut curry.
- Serve sprinkled with crushed peanuts.

# **Enjoy!**

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