



# Quick Mumbai Beef & Coconut Curry

with Veggies & Rapid Rice



Basmati Rice



Baby Spinach Leaves



Beef Strips



Mild North Indian Spice Blend



Chopped Veggie Mix



Mumbai Spice Blend






Coconut Milk



Beef-Style Stock Powder



Crushed Peanuts

 Hands-on: **20-30 mins**  
 Ready in: **20-30 mins**  
 **Naturally Gluten-Free**  
*Not suitable for coeliacs*

Thanks to tender beef strips, a couple of our signature spice blends and a pro-tip for cooking rice in a flash, this comforting curry asks very little of you. The main thing you have to do: enjoy!

### Pantry items

Olive Oil

## 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*	¼ cup	½ cup
beef-style stock powder	1 medium sachet	1 large sachet
crushed peanuts	1 medium packet	1 large packet

\*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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.

3



## 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.

2



## 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.

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## Serve up

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

## Enjoy!

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