



SuperQuick Biryani-Inspired Beef

with Cumin-Turmeric Rice and Yogurt Sauce

15-Minute Dinner

Spicy

15 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Beef 500 g 1000 g	Beyond Meat 2 4
Ground Beef 250 g 500 g	Basmati Rice ¾ cup 1 ½ cups
Cumin-Turmeric Spice Blend 4 g 8 g	Garlic Puree 1 tbsp 2 tbsp
Yogurt Sauce 6 tbsp 12 tbsp	Mirepoix 113 g 227 g
Indian Spice Mix 10 g 20 g	Cilantro 7 g 14 g
Crispy Shallots 28 g 56 g	Green Peas 56 g 113 g
Curry Paste 2 tbsp 4 tbsp	

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ingredient quantities **56 g** | **113 g**
2-serving | 4-serving

Pantry items | Butter, salt, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, small bowl, strainer

1



Make rice

- Before starting, add **1 cup** (2 cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Using a strainer, rinse **rice** until water runs clear.
- Add **rice**, **garlic puree** and **peas** to the pot of boiling water. Cover and reduce heat to low. Cook for 12-15 min, until **rice** is tender and water is absorbed. Remove from heat. Set aside, still covered.

2



Cook beef

- ***2 Double** | **Ground Beef**
- **Swap** | **Beyond Meat®**
- Meanwhile, heat a large non-stick pan over high. When the pan is hot, add **beef**, **mirepoix** and **Indian Spice Mix** to the dry pan. Cook for 2-4 min, breaking up **beef** into smaller pieces, until no pink remains.** Carefully drain and discard excess fat. Season with **salt** and **pepper**.
- Add **curry paste** and **½ cup** (1 cup) **water**. Cook, stirring occasionally, until slightly thickened, 1-2 min. Remove the pan from heat.

3



Prep

- Meanwhile, to a small microwavable bowl, add **2 tbsp** (4 tbsp) **butter** and **Cumin-Turmeric Spice Blend**. Microwave in 30-sec increments until **butter** is melted. Stir to combine.

4



Finish and serve

- Fluff **rice** with a fork, then pour **melted butter mixture** over top.
- Divide **rice** between plates.
- Top with **beef mixture**.
- Tear **cilantro** and sprinkle **crispy shallots** over top.
- Drizzle **yogurt sauce** over top.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Cook beef

***2 Double** | **Ground Beef**

If you've opted for **double beef**, cook in the same way the recipe instructs you to cook the **regular portion of beef**. Work in batches, if necessary.

2 | Cook Beyond Meat®

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook for 5-6 min, in the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy.** Disregard instructions to drain excess fat.

** Cook to a minimum internal temperature of 165°F.