



Beef Curry with Fragrant Rice

20-min



Shredded Beef



Basmati Rice



Crushed Tomato with
Garlic and Onion



Curry Powder



Greek Yogurt



Cilantro



Green Peas



Naan Bread



Ginger



Indian Spice Mix

HELLO SHREDDED BEEF

We've done all the work of slow-roasting the beef so you can enjoy a meal in 20 mins!

Start here

Before starting, wash and dry all produce.

Bust Out

Medium bowl, vegetable peeler, microplane/zester, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Shredded Beef	300 g	600 g
Basmati Rice	¾ cup	1 ½ cup
Crushed Tomato with Garlic and Onion	370 ml	740 ml
Curry Powder	2 tsp	4 tsp
Greek Yogurt	100 g	200 g
Cilantro	7 g	14 g
Green Peas	113 g	227 g
Naan Bread	2	4
Ginger	30 g	60 g
Indian Spice Mix	2 tbsp	4 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Cook rice

Heat a medium pot over medium heat. When hot, add **1 tbsp oil**, then **½ tsp curry powder** (dbl both for 4 ppl) and **rice**. Cook, stirring often, until toasted, 2-3 min. Add **1 ¾ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Cook beef curry

Add **crushed tomatoes** and **¾ cup water** (dbl for 4 ppl) to the pan. Cook, stirring often, until **mixture** thickens slightly, 3-4 min. Add **beef** to the pan. Cook, breaking up with a spoon, until incorporated and warmed through, 3-4 min.**



Prep and make cilantro yogurt

While the **rice** cooks, peel, then grate **1 tbsp ginger** (dbl for 4 ppl). Roughly chop the **cilantro**. Using two forks, shred the **beef** in a medium bowl. Set aside. Stir together the **yogurt** and **half the cilantro** in a small bowl. Season with **salt** and **pepper**. Set aside.



Warm naan

Wrap **naan** in paper towels. Microwave until warm and flexible, 1 min. (**NOTE:** You can skip this step if you don't want to warm the naan!)



Cook aromatics

Heat a large non-stick pan over medium heat. When hot, add **2 tbsp butter** (dbl for 4 ppl), then **green peas, ginger, remaining curry** and **Indian Spice Mix**. Cook, stirring often, until fragrant, 1-2 min.



Finish and serve

Fluff the **rice** with a fork, then stir in **remaining cilantro**. Season with **salt**. Divide **rice** between bowls and top with **beef curry**. Dollop **cilantro yogurt** over top. Serve with **warmed naan** on the side, for dipping.

Dinner Solved!