



# Beef Curry and Fragrant Rice

with Cilantro Yogurt

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 min!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Medium bowl, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

### Ingredients

|                                      | 2 Person | 4 Person |
|--------------------------------------|----------|----------|
| Shredded Beef                        | 250 g    | 500 g    |
| Basmati Rice                         | ¾ cup    | 1½ cup   |
| Crushed Tomato with Garlic and Onion | 370 ml   | 740 ml   |
| Curry Powder                         | 2 tsp    | 4 tsp    |
| Greek Yogurt                         | 100 ml   | 200 ml   |
| 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.*

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### 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. Remove pot from heat. Set aside, still covered.



### Finish beef curry

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



### Prep and make cilantro yogurt

While **rice** cooks, peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl). Roughly chop **cilantro**. Using two forks, shred **beef** in a medium bowl. Set aside. Stir together **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!)



### Start beef curry

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 powder** and **Indian Spice Mix**. Cook, stirring often, until fragrant, 1-2 min.



### Finish and serve

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

## Dinner Solved!