



Indian Spiced Beef

with Roasted Squash and Chutney Drizzle

PRONTO 25 Minutes



Ground Beef



Basmati Rice



Ground Cinnamon



Indian Spice



Red Onion



Butternut Squash, cubes



Ginger



Parsley



Cucumber



Mango Chutney



Greek Yogurt

HELLO MANGO CHUTNEY

Sweet and savoury combine to help balance the flavours in this spiced filled dish!

Start Strong

Before starting, preheat the oven to 425°F and wash and dry all produce.

Bust Out

Baking Sheet, Large Non-Stick Pan, Medium Pot, Parchment Paper, Measuring Cups

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Basmati Rice	¾ cup	1 ½ cup
Ground Cinnamon	1 tsp	1 tsp
Indian Spice	1 tbsp	2 tbsp
Red Onion	113 g	227 g
Butternut Squash, cubes	170 g	340 g
Ginger	30 g	60 g
Parsley	7 g	7 g
Cucumber	66 g	132 g
Mango Chutney	¼ cup	½ cup
Greek Yogurt	100 g	200 g
Sugar*	¼ tsp	½ tsp
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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1. ROAST VEGGIES

Peel, then quarter **onion**. Separate **onion** into petals. Add **squash, onion, half the Indian spice** and **1 tbsp oil** (dbl for 4ppl) to a parchment lined baking sheet. Season with **salt and pepper**. Toss to coat. Roast **veggies** in the **middle** of oven until golden brown, 20-22 min.



2. COOK RICE

While **veggies** roast, bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. Add **rice** to the pot of boiling water. Cover and reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



3. PREP

Meanwhile, directly into a medium bowl, coarsely grate the **cucumber**. Sprinkle with **salt**. Set aside. Roughly chop **parsley**. Peel, then mince the **ginger**.



4. COOK BEEF

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef, ginger, ½ tsp cinnamon** (dbl for 4 ppl) and **remaining Indian spice**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. ****** Season with **salt and pepper**. When **beef** is cooked, remove from heat, and stir in **mango chutney**.



5. MAKE CUCUMBER RAITA

While **beef** cooks, drain **grated cucumber**, then firmly squeeze out **excess water**. Return to bowl. Stir in **yogurt** and **¼ tsp sugar** (dbl for 4ppl) Season with **salt and pepper**. Set aside.



6. FINISH AND SERVE

Fluff the **rice** with a fork, then season with **salt**. Stir in **half the parsley**. Divide the **rice** between plates. Top with **veggies** and **beef**. Dollop over **cucumber raita**. Sprinkle over **remaining parsley**.

Dinner Solved!