



Jamaican-Inspired Curry Beef Bowl

with Ginger Rice and Peas

Quick

25 Minutes



Ground Beef



Jerk Spice Blend



Mild Curry Paste



Basmati Rice



Mirepoix



Green Peas



Cilantro



Beef Broth Concentrate



Ginger



Green Onions



Garlic Puree

HELLO JERK SPICE

A warm blend made with allspice, cinnamon, nutmeg and thyme!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Jerk Spice Blend	1 tbsp	2 tbsp
Mild Curry Paste	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cup
Mirepoix	113 g	227 g
Green Peas	113 g	227 g
Cilantro	7 g	14 g
Beef Broth Concentrate	1	2
Green Onions	2	4
Garlic Puree	1 tbsp	2 tbsp
Ginger	30 g	60 g
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°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



Cook rice and peas

Peel, then mince or grate **ginger**. Heat a medium pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **ginger**. Cook, stirring often, until fragrant, 2-3 min. Add **rice, peas, 1 ¼ cups water** and **¼ tsp salt** (dbl both 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.

4



Prep garnish

While **beef sauce** cooks, finely chop **cilantro**. Thinly slice **green onions**.

2



Start beef

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **beef, garlic puree** and **mirepoix**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Add **curry paste, Jerk Spice Blend** and **½ tbsp sugar** (dbl for 4 ppl). Season with **salt** and **pepper** and cook, stirring often, until fragrant, 2-3 min.

3



Make beef sauce

Add **broth concentrate** and **1 cup water** (dbl for 4 ppl). Reduce heat to medium and cook until **beef sauce** reduces slightly, 3-5 min.

5



Finish and serve

Stir **1 tbsp butter** (dbl for 4 ppl) into **beef sauce**. Fluff **rice** with a fork. Divide **rice** between bowls. Top with **beef sauce**. Sprinkle **cilantro** and **green onions** over top.

Dinner Solved!