



Mild Beef, Spinach and Sultana Curry

with Bombay Potatoes and Cilantro Raita

FAMILY 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

- Ground Beef
- Indian Spice
- Yellow Potato
- Garlic
- Beef Broth Concentrate
- Baby Spinach
- Sultana Raisins
- Basmati Rice
- Green Peas
- Greek Yogurt
- Cilantro
- Onion, sliced

HELLO SULTANAS

A "white", seedless grape variety that packs a sweet punch!

START HERE

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Large Non-Stick Pan, Baking Sheet, Garlic Press, Measuring Cups, Small Bowl, Measuring Spoons, Medium Pot, Parchment Paper

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Indian Spice	1 tbsp	2 tbsp
Yellow Potato	300 g	600 g
Garlic	6 g	12 g
Beef Broth Concentrate	1	2
Baby Spinach	56 g	113 g
Sultana Raisins	28 g	56 g
Basmati Rice	¾ cup	1 ½ cup
Green Peas	56 g	113 g
Greek Yogurt	100 g	200 g
Cilantro	7 g	14 g
Onion, sliced	56 g	113 g
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 POTATOES

Cut **potatoes** into 1-inch pieces. Toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl) and **half the Indian spice** on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until golden-brown, 20-22 min.



4. START CURRY

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then the **onions** and **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Add the **garlic** and **remaining Indian spice**. Cook until fragrant, 1 min.



2. COOK RICE

While the **potatoes** 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**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



5. FINISH CURRY

Reduce the heat to medium-low. Add the **raisins, broth concentrate** and **1 cup water** (dbl for 4 ppl) to the pan with the **beef mixture**. Cook, stirring occasionally, until **sauce** reduces slightly, 3-4 min. Season with **salt** and **pepper**. Remove from heat. Stir in the **spinach**. Stir until **spinach** wilts, 1-2 min.



3. PREP & MAKE RAITA

While the **rice** cooks, roughly chop the **spinach** and **cilantro**. Peel, then mince or grate the **garlic**. Stir together the **yogurt** and **cilantro** in a small bowl. Season with **salt** and **pepper**. Set aside.



6. FINISH AND SERVE

Fluff the **rice** with a fork. Season with **salt**. Stir **peas** into **rice** until warmed through, 1 min. Stir the **Bombay potatoes** into the **beef curry**. Divide the **rice** between bowls. Top with the **beef curry** and a dollop of the **cilantro raita**.

Dinner Solved!