



Indian Coconut Beef & Garlic Rice Bowl

with Cucumber Raita & Tomato Salsa

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Cucumber



Greek-Style Yoghurt



Tomato



Mint



Beef Strips



Mumbai Spice Blend



Coconut Milk

Hands-on: 30-40 mins
Ready in: 40-50 mins

We're bringing three flavour powerhouses to your place tonight – North Indian-style spices, fresh mint and aromatic garlic. These ingredients just so happen to have the magical touch, creating a dinner that's so tasty you'll hardly believe you made it yourself!

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|---------------------|------------------|------------------|
| olive oil* | refer to method | refer to method |
| garlic | 2 cloves | 4 cloves |
| butter* | 20g | 40g |
| water* | 1½ cups | 3 cups |
| salt* | ½ tsp | 1 tsp |
| basmati rice | 1 packet | 1 packet |
| cucumber | 1 (medium) | 1 (large) |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| tomato | 1 | 2 |
| mint | 1 bunch | 1 bunch |
| white wine vinegar* | 1 tsp | 2 tsp |
| beef strips | 1 packet | 1 packet |
| Mumbai spice blend | 1 sachet | 2 sachets |
| coconut milk | 1 packet (200ml) | 1 packet (400ml) |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3357kJ (802Cal) | 652kJ (155Cal) |
| Protein (g) | 46.3g | 9g |
| Fat, total (g) | 36.3g | 7g |
| - saturated (g) | 25.3g | 4.9g |
| Carbohydrate (g) | 75.4g | 14.6g |
| - sugars (g) | 10.1g | 2g |
| Sodium (mg) | 868mg | 169mg |

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and 1/2 the **salt**. Bring to the boil, then add the **basmati rice**. Stir, reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Make the cucumber raita

While the rice is cooking, finely chop the **cucumber**. In a small bowl, combine the **Greek-style yoghurt** and 1/2 the **cucumber**. Season with **salt** and **pepper** and mix well. Set aside.



Make the salsa

Roughly chop the **tomato**. Pick and finely chop the **mint** leaves (reserve some for garnish!). In a second medium bowl, combine the **tomato**, **mint** and remaining **cucumber**. Add the **white wine vinegar** and drizzle with **olive oil**. Season with **salt** and **pepper** and stir to combine. Set aside.



Cook the beef

In a large frying pan, heat a drizzle of olive oil over a high heat. When the oil is hot, cook the **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a bowl.



Cook the sauce

Return the frying pan to medium heat with a drizzle of **olive oil**. Add the **Mumbai spice blend** and cook until fragrant, **1 minute**. Add the **coconut milk** and remaining **salt**, then bring to the boil. Reduce the heat to medium-low and simmer until thickened slightly, **3 minutes**. Return the **beef** (plus any resting juices) to the pan and stir to combine. Season to taste.



Serve up

Divide the garlic rice and Indian coconut beef between bowls. Serve with the cucumber raita and tomato salsa. Garnish with the reserved mint.

Enjoy!