



North Indian Beef Bowl

with Turmeric Rice & Tomato Salsa

Grab your Meal Kit with this symbol



Garlic



Turmeric



Basmati Rice



Brown Onion



Carrot



Tomato



Mint



Mumbai Spice Blend



Beef Strips



Baby Spinach Leaves



Yoghurt

Hands-on: **30 mins**
Ready in: **35 mins**

We're bringing two flavour powerhouses to your place tonight – Mumbai-style spices and turmeric. These spices just so happen to have the magical touch, creating a dinner that's so tasty you'll hardly believe you made it yourself – and in no time too!

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 too.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
garlic	3 cloves
butter*	40g
turmeric	½ sachet
basmati rice	2 packets
water*	3 cups
salt* (for the rice)	½ tsp
brown onion	1
carrot	1
tomato	2
mint	1 bunch
Mumbai spice blend	2 sachets
salt* (for the beef)	¼ tsp
beef strips	1 packet
white wine vinegar*	1 tsp
baby spinach leaves	1 bag (60g)
yoghurt	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2680kJ (640Cal)	605kJ (145Cal)
Protein (g)	42.5g	9.6g
Fat, total (g)	18.3g	4.1g
- saturated (g)	10.0g	2.3g
Carbohydrate (g)	68.6g	15.5g
- sugars (g)	8.5g	1.9g
Sodium (g)	775mg	175mg

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.



1. Make the turmeric rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and **1/2 sachet** of **turmeric** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, the **water** and **salt (for the rice)**, stir, and bring to the boil. 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: We only use 1/2 sachet of turmeric here as it can be quite bitter in flavour.



2. Get prepped

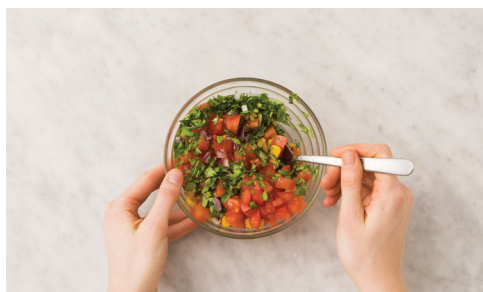
While the rice is cooking, thinly slice the **brown onion**. Grate the **carrot** (unpeeled). Roughly chop the **tomato**. Pick and finely chop the **mint** leaves. In a large bowl, combine the **Mumbai spice blend**, **salt (for the beef)** and a **generous drizzle** of **olive oil**. Add the **beef strips** and toss to coat. Set aside.



3. Cook the beef

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and **carrot** and cook until softened, **4-5 minutes**. Transfer to a large bowl. Return the frying pan to a high heat, add **1/2** the **beef strips** and cook until browned and cooked through, **1-2 minutes**. Transfer to the bowl with the **veggies** and repeat with the **remaining beef strips**. Gently toss the beef with the veggies and set aside.

TIP: Cooking the meat in batches over a high heat helps it stay tender.



4. Make the tomato salsa

While the beef is cooking, combine the **white wine vinegar**, **tomato**, **1/2** the **mint** and a **drizzle** of **olive oil** in a small bowl. Season to taste with **salt** and **pepper** and toss to combine.



5. Finish the rice

When the rice has finished cooking, stir through the **baby spinach leaves**.



6. Serve up

Divide the turmeric rice between bowls. Top with the Mumbai-spiced beef, veggies and tomato salsa. Dollop over the **yoghurt** and garnish with the remaining mint.

Enjoy!