



North Indian Inspired Beef and Spinach Curry with Turmeric Rice

45

Classic 25-30 Minutes • **Mild Spice** • 1 of your 5 a day



Jasmine Rice



Ground Turmeric



Beef Mince



Red Onion



Garlic Clove



Korma Style Paste



Curry Powder



Ginger Puree



Tomato Puree



Beef Stock Paste



Baby Spinach

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	100g	150g	200g
Ground Turmeric	½ sachet	¾ sachet	1 sachet
Beef Mince**	240g	360g	480g
Red Onion**	1	2	2
Garlic Clove**	2	3	4
Korma Style Paste 9)	50g	75g	100g
Curry Powder	1 sachet	1 sachet	2 sachets
Ginger Puree	15g	22g	30g
Tomato Puree	30g	45g	60g
Beef Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g

Pantry	2P	3P	4P
Water for the Rice*	200ml	300ml	400ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2543 /608	721 /172
Fat (g)	26.0	7.4
Sat. Fat (g)	9.6	2.7
Carbohydrate (g)	59.4	16.9
Sugars (g)	12.6	3.6
Protein (g)	35.7	10.1
Salt (g)	3.53	1.00

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

9) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Turmeric Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice, turmeric** (see ingredients for amount) and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Curry Up

Stir the **garlic, korma style paste, curry powder, ginger puree** and **tomato puree** into the **beef**. Fry for 1 min.

Pour in the **beef stock paste, sugar** and **water for the sauce** (see pantry for both amounts). Stir to combine.

Bring to the boil, then simmer until the **sauce** has thickened, 5-6 mins. **IMPORTANT: The mince is cooked when no longer pink in the middle.**



Fry the Beef

While the **rice** cooks, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks. **IMPORTANT: Wash your hands and equipment after handling raw mince.**

Meanwhile, halve, peel and chop the **red onion** into small pieces.



Stir in the Spinach

Once the **curry** has thickened, add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

Add a splash of **water** if it's a little too thick.

Taste the **sauce** and season with **salt** and **pepper** if needed.



Garlic Time

Once the **beef** is browned, drain and discard any excess fat. Season with **salt** and **pepper**.

Add the **onion** to the **beef** and fry until softened, 4-5 mins.

In the meantime, peel and grate the **garlic** (or use a garlic press).



Serve

When ready, fluff up the **turmeric rice** with a fork and share between your bowls.

Spoon over the **beef and spinach curry**.

Enjoy!