



# North Indian Inspired Beef and Spinach Curry with Basmati Rice

25

Calorie Smart 25-30 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Basmati Rice



Beef Mince



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. Ingredients in **red** are hot!

## Cooking tools

Saucepan, lid, frying pan and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	100g	150g	200g
Beef Mince**	240g	360g	480g
Onion**	1	1½	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)	2525 /603	717 /171
Fat (g)	25.9	7.4
Sat. Fat (g)	9.5	2.7
Carbohydrate (g)	60.5	17.2
Sugars (g)	12.1	3.4
Protein (g)	36.1	10.3
Salt (g)	3.53	1.00

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).  
**Point™ values based on low-cal cooking spray oil.**

## 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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## 1 Cook the Rice

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

Stir in the **rice** 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).



## 4 Curry Up

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

Pour in **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.**



## 2 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 **onion** into small pieces.



## 5 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.



## 3 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).



## 6 Serve

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

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

## Enjoy!



Weight Watchers