

# Sri Lankan Style Beef Kothu

with Kale, Carrot and Tortilla 'Roti'

A Taste of Sri Lanka 20-25 Minutes • Mild Spice • 1 of your 5 a day







British Beef Mince







Plain Taco Tortillas

Korma Curry Paste





Sri Lankan Style Curry Powder

Ginger, Garlic & Lemongrass Puree

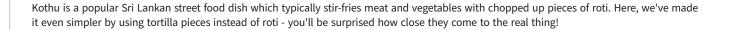






Creme Fraiche





## 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 Frying pan and grater.

Ingredients

Ingredients	2P	3P	4P	
British Beef Mince**	240g	360g	480g	
Carrot**	1	11/2	2	
Plain Taco Tortillas 13)	6	9	12	
Korma Curry Paste 9)	50g	75g	100g	
Sri Lankan Style Curry Powder	1 sachet	2 sachets	2 sachets	
Ginger, Garlic & Lemongrass Puree	15g	22g	30g	
Chopped Kale**	100g	200g	200g	
Creme Fraiche** 7)	75g	112g	150g	
Pantry	2P	3P	4P	
Water for the Kale*	2 tbsp	3 tbsp	4 tbsp	
Sugar*	1 tsp	1½ tsp	2 tsp	
Honey*	1 tbsp	1½ tbsp	2 tbsp	
Water for the Sauce*	75ml	120ml	150ml	
*Not Included **Ctore in the Fridge				

<sup>\*</sup>Not Included \*\*Store in the Fridge

#### Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	457g	100g
Energy (kJ/kcal)	3424 /818	749 / 179
Fat (g)	41.5	9.1
Sat. Fat (g)	18.4	4.0
Carbohydrate (g)	74.2	16.2
Sugars (g)	18.9	4.1
Protein (g)	37.9	8.3
Salt (g)	3.15	0.69

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

## Allergens

7) Milk 9) Mustard 13) Cereals containing gluten

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

#### Contact

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# Fry the Beef

- **a)** Heat a large frying pan on medium-high heat (no oil).
- **b)** Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT**: Wash your hands and equipment after handling raw mince.



### **Prep Time**

- **a)** While the **beef** fries, trim the **carrot**, then coarsely grate (no need to peel).
- **b)** Pile the **tortillas** on top of each other and slice the **tortillas** into 1cm thick strips. Cut the strips again into smaller approximately 3cm long strips (use scissors if easier).



#### Add the Flavour

- a) When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- b) Stir in the korma curry paste, Sri Lankan style curry powder and ginger, garlic & lemongrass puree. Fry until fragrant, 1 min.
- c) Add the **kale** along with the **water for the kale** (see pantry for amount) and cook until starting to wilt, 3-4 mins.



# Bring on the 'Roti'

- **a)** Stir in the **carrot**, **tortilla strips** and **sugar** (see pantry for amount).
- **b)** Stir-fry, 1-2 mins. Season with **salt** and **pepper**.



## All Together Now

- a) Next, stir in the **creme fraiche**, **honey** and **water for the sauce** (see pantry for both amounts). Simmer until thickened, 1-2 mins.
- **b)** Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



## Serve Up

a) Share the Sri Lankan style kothu between your serving bowls.

#### Enjoy!