



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

15



British Beef Mince



Carrot



Plain Taco Tortillas



Korma Curry Paste



Sri Lankan Style Curry Powder



Ginger, Garlic & Lemongrass Puree



Chopped Kale



Creme Fraiche



Kothu is a popular Sri Lankan street food dish which typically stir-fries meat and vegetables with chopped up pieces of roti. Here, we've made it even simpler by using tortilla pieces instead of roti - you'll be surprised how close they come to the real thing!

Pantry Items

Oil, Salt, Pepper, Sugar, Honey

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	1½	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 **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

- Heat a large frying pan on medium-high heat (no oil).
- 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.



Bring on the 'Roti'

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



Prep Time

- While the **beef** fries, trim the **carrot**, then coarsely grate (no need to peel).
- 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).



All Together Now

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



Add the Flavour

- 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.
- Stir in the **korma curry paste**, **Sri Lankan style curry powder** and **ginger, garlic & lemongrass puree**. Fry until fragrant, 1 min.
- Add the **kale** along with the **water for the kale** (see pantry for amount) and cook until starting to wilt, 3-4 mins.



Serve Up

- Share the **Sri Lankan style kothu** between your serving bowls.

Enjoy!