



Aromatic Beef Pilaf

with Tomatoes and Green Beans

RAPID 20 Minutes • Little Heat • 2 of your 5 a day

Nº 25



Beef Mince



Onion



Green Beans



Medium Tomatoes



Garlic Clove



Basmati Rice



Cardamom Pod



Ginger Puree



Curry Powder



Cumin



Ground Turmeric



Beef Stock Powder



Coriander



Mango Chutney

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Saucepan, Measuring Jug and Sieve.

Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Onion**	1	1	2
Green Beans**	1 small pack	1 large pack	1 large pack
Medium Tomatoes	2	3	4
Garlic Clove**	2 cloves	3 cloves	4 cloves
Basmati Rice	150g	225g	300g
Cardamom Pod	1 pot	1 pot	1 pot
Ginger Puree	1 sachet	1 sachet	2 sachets
Curry Powder 9)	1 small pot	1 large pot	1 large pot
Cumin	1 small pot	1 large pot	1 large pot
Ground Turmeric	½ pot	¾ pot	1 pot
Beef Stock Powder	1 sachet	2 sachets	2 sachets
Water for the Beef*	150ml	225ml	300ml
Coriander**	1 bunch	1 bunch	1 bunch
Mango Chutney	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	448g	100g
Energy (kJ/kcal)	2789 /667	623 /149
Fat (g)	20	4
Sat. Fat (g)	8	2
Carbohydrate (g)	89	20
Sugars (g)	21	5
Protein (g)	33	7
Salt (g)	1.69	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Started

a) Heat a drizzle of oil in a large frying pan over high heat. Once hot, add the **beef** and cook until browned, 4-5 mins, break it up with a wooden spoon as it cooks. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.

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

c) Trim the **green beans** then chop into thirds.

d) Roughly chop the **tomatoes**.

e) Peel and grate the **garlic** (or use a garlic press).



4. Cook the Veg

a) Add the **tomatoes, beans, beef stock powder** and **water** (see ingredients for amounts), season with **salt** and **pepper** and mix well.

b) Cover with a lid (or foil) and simmer, stirring occasionally, until the **tomatoes** have softened and the **beans** are tender, about 5 mins.

c) Taste and add more **salt** and **pepper** if you like.



2. Cook the Rice

a) Bring a large saucepan of **water** to the boil with ¼ tsp of **salt** for the **rice**.

b) When boiling, add the **rice** and **cardamom pods** and cook until tender, 12 mins.



5. Finish up!

a) Once the **rice** is cooked, drain in a sieve and discard the cardamom. **TIP:** Drain the rice really well to get rid of excess water.

b) Roughly chop the **coriander** (stalks and all).

c) Fold the cooked **rice** gently through the **beef mixture** with half the **coriander**.

d) Taste and adjust seasoning if necessary.



3. Add the Aromatics

a) While the **rice** is cooking, add the **onion** to the **beef**, cook for 3-4 mins, until softened.

b) Lower the heat and add the **garlic, easy ginger, curry powder** (use less if you don't like heat!), **cumin** and **turmeric** and cook, stirring, for 1 min.



6. Serve

a) Divide between plates and top with the remaining **coriander** and **mango chutney**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.