HELLO FRESH

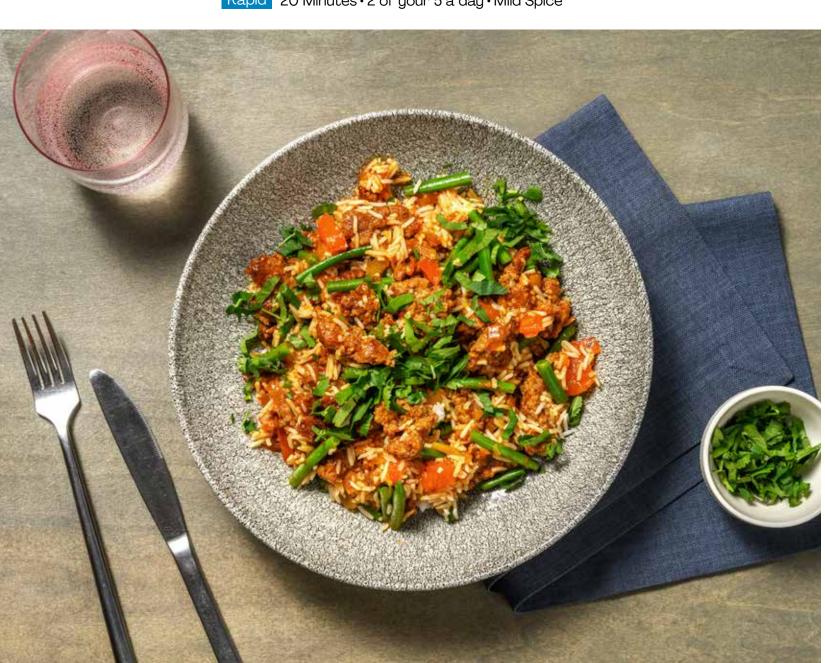# Aromatic Beef Pilaf
with Tomatoes, Green Beans and Mango Chutney

Rapid • 20 Minutes • 2 of your 5 a day • Mild Spice

Beef Mince

Onion

Green Beans

Medium Tomato

Garlic Clove

Basmati Rice

Beef Stock Paste

Rogan Josh Curry Paste

Chilli Flakes

Coriander

Mango Chutney

Pantry Items
Salt, Pepper

Before you start

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

Cooking tools

Kettle, frying pan, garlic press, saucepan, lid, sieve and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Beef Mince**	240g	360g	480g
Onion**	1	1	2
Green Beans**	80g	150g	150g
Medium Tomato	2	3	4
Garlic Clove**	2	3	4
Basmati Rice	150g	225g	300g
Beef Stock Paste	10g	15g	20g
Rogan Josh Curry Paste	1 sachets	1½ sachets	2 sachets
Chilli Flakes	1 pinch	1 pinch	2 pinches
Coriander**	1 bunch	1 bunch	1 bunch
Mango Chutney**	1 sachet	2 sachets	2 sachets

Pantry	2P	3P	4P
Water for the Beef*	50ml	75ml	100ml

*Not Included **Store in the Fridge*

Nutrition

Typical Values for uncooked ingredient	Per serving 480g	Per 100g 100g
Energy (kJ/kcal)	3097 /740	645 /154
Fat (g)	27.3	5.7
Sat. Fat (g)	9.6	2.0
Carbohydrate (g)	88.0	18.3
Sugars (g)	23.4	4.9
Protein (g)	38.0	7.9
Salt (g)	2.77	0.58

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).
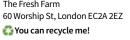
Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

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.

1 Get Prepped

a) Boil a full kettle.

b) Heat a large frying pan on 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.*

c) Meanwhile, halve, peel and chop the **onion** into small pieces. Trim the **green beans** and chop into thirds. Cut the **tomato** into 1cm pieces. Peel and grate the **garlic** (or use a **garlic** press).

2 Cook the Rice and Beans

a) Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.

b) When the **rice** has 5 mins of cooking time left, add the **green beans** to the same pan and cook for the remaining time.

c) Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.

3 Add the Flavour

a) Meanwhile, once the **mince** is browned, drain and discard any excess fat.

b) Add the **onion** to the pan and cook until softened, 3-4 mins. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*

c) Lower the heat and add the **garlic**, **rogan josh curry paste** and a small pinch of **chilli flakes** (add less if you'd prefer things milder). Cook, stirring, for 1 min.

4 Sauce Things Up

a) Add the **tomatoes**, **beef stock paste** and **water for the beef** (see pantry for amount) to the **mince**. Season with **salt** and **pepper**, then mix well.

b) Cover with a lid (or foil) and simmer, stirring occasionally, until the **tomatoes** have softened, 6-8 mins.

c) Taste and add more **salt** and **pepper** if needed.

5 Combine and Stir

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

b) Fold the **cooked rice** and **beans** gently through the **beef mixture**, then stir in the **mango chutney** and **half** the **coriander**.

c) Season to taste if needed. Add a splash more **water** if it's a little dry.

6 Serve

a) Share the **beef pilaf** between your bowls.

b) Sprinkle with the remaining **coriander** to finish.

Enjoy!