

Aromatic Beef Pilaf

with Tomatoes, Green Beans and Mango Chutney

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







Beef Mince







Green Beans







Garlic Clove



Basmati Rice





Beef Stock

Rogan Josh Curry Paste





Coriander



Mango Chutney

Pantry Items Oil, 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, sieve, lid 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 | |
| Rogan Josh Curry Paste | 50g | 75g | 100g | |
| Beef Stock Paste | 10g | 15g | 20g | |
| Coriander** | 1 bunch | 1 bunch | 1 bunch | |
| Mango Chutney | 40g | 80g | 80g | |
| Pantry | 2P | 3P | 4P | |
| Water for the Beef* | 50ml | 75ml | 100ml | |
| *Not Included **Store in the Fridge | | | | |

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 470g | 100g |
| Energy (kJ/kcal) | 3000 /717 | 638/153 |
| Fat (g) | 26.0 | 5.5 |
| Sat. Fat (g) | 9.2 | 2.0 |
| Carbohydrate (g) | 85.0 | 18.1 |
| Sugars (g) | 22.5 | 4.8 |
| Protein (g) | 36.3 | 7.7 |
| Salt (g) | 2.39 | 0.51 |
| | | |

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

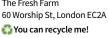
Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

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.

Contact

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Get Prepped

- a) Boil a full kettle.
- **b)** Heat a large frying pan on high heat (no oil).
- c) 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.
- d) Meanwhile, halve, peel and chop the onion into small pieces. Trim the green beans and chop into thirds. Cut the tomato into small 1cm pieces. Peel and grate the garlic (or use a garlic press).



Cook the Rice and Beans

- a) Pour the boiled water from your kettle into a large saucepan with 1/4 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.



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 and rogan josh curry paste. Stir-fry for 1 min.



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.



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.



Serve

- a) Share the beef pilaf between your bowls.
- **b)** Sprinkle with the remaining **coriander** to finish.

Enjoy!