



Beef Rogan Josh Style Curry with Tenderstem® Broccoli and Ginger Rice

Family 35-40 Minutes • Mild Spice • 1 of your 5 a day

2



Tenderstem® Broccoli



Garlic Clove



Ginger Puree



Basmati Rice



Beef Mince



Rogan Josh Curry Paste



Tomato Passata



Chicken Stock Paste



Greek Style Natural Yoghurt



Chilli Flakes

Recipe Update

Due to quality issues with **green beans**, you'll instead receive **Tenderstem® broccoli**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

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

Cooking tools

Garlic press, saucepan, lid, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Tenderstem® Broccoli**	80g	150g	150g
Garlic Clove**	2	3	4
Ginger Puree	15g	22g	30g
Basmati Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Rogan Josh Curry Paste	50g	75g	100g
Tomato Passata	1 carton	2 cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Chilli Flakes	1 pinch	1 pinch	2 pinches

Pantry	2P	3P	4P
Oil for Cooking*	½ tbsp	½ tbsp	½ tbsp
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	424g	100g
Energy (kJ/kcal)	3183 /761	750 /179
Fat (g)	32.4	7.6
Sat. Fat (g)	12.0	2.8
Carbohydrate (g)	83.1	19.6
Sugars (g)	13.2	3.1
Protein (g)	39.8	9.4
Salt (g)	3.04	0.72

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

Allergens

7) Milk

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

Halve any thick **broccoli stems** lengthways.

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

Heat the **oil** (see pantry for amount) and **half the ginger puree** in a deep saucepan (with a tight-fitting lid) on medium heat. Once hot, stir-fry for 1 min.



Fry the Mince

Once the pan is hot, add the **beef mince** and fry until browned, 5-6 mins.

Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



Cook the Ginger Rice

Stir the **rice** into the **ginger** and cook until coated, 1 min. Add ¼ **tsp salt** and the **water for the rice** (see pantry for amount) and bring to the boil.

Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Curry Up

Add the **garlic**, **rogan josh curry paste** and remaining **ginger puree** to the **beef**. Stir together and cook for 1 min.

Pour in the **tomato passata**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Stir together and bring to the boil, then simmer until thickened, 6-8 mins.

Once thickened, stir the **broccoli** into the **curry**. Taste and add **salt** and **pepper** if needed.



Bring on the Broc

While the **rice** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **Tenderstem®** and stir-fry for 2-3 mins.

Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 2-3 mins more. Season with **salt** and **pepper**.

Once cooked, transfer to a plate and pop your pan back on medium-high heat (no oil).



Finish and Serve

Fluff up the **rice** with a fork and spoon into bowls, then top with the **beef curry**.

Finish with a dollop of **yoghurt** and **chilli flakes** (use less if you'd prefer things milder).

Enjoy!