



# Beef Tikka Pulao

with Peas and Yoghurt

**Classic** 25-30 Minutes • 1 of your 5 a day

5



Basmati Rice



Garlic Clove



Red Onion



Beef Mince



Tikka Paste



Beef Stock Paste



Red Pepper Chilli Jam



Peas



Greek Style Natural Yoghurt

**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, saucepan, sieve, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Red Onion**	1	2	2
Beef Mince**	240g	360g	480g
Tikka Paste	75g	112g	150g
Beef Stock Paste	10g	15g	20g
Red Pepper Chilli Jam	25g	37g	50g
Peas**	120g	180g	240g
Greek Style Natural Yoghurt**	75g	120g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	427g	100g
Energy (kJ/kcal)	3247 / 776	761 / 182
Fat (g)	30.4	7.1
Sat. Fat (g)	11.9	2.8
Carbohydrate (g)	87.3	20.4
Sugars (g)	21.0	4.9
Protein (g)	41.5	9.7
Salt (g)	2.89	0.68

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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## Cook the Rice

Boil a full kettle.

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

Once cooked, drain in a sieve and pop back in the pan. Leave to the side until ready to use.



## Prep Time

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Halve, peel and chop the **red onion** into small pieces.



## Get Frying

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once the **oil** is hot, add the **beef mince** and **onion**. Cook until browned and softened, 5-6 mins.

Use a spoon to break up the **mince** as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



## Bring on the Flavour

Once browned, drain and discard any excess fat from the **beef**. Season with **salt** and **pepper**.

Stir in the **garlic** and **tikka paste**. Cook for 1 min more.



## Combine your Pulao

Add the **cooked rice**, **beef stock paste**, **red pepper chilli jam** and **peas** to the **beef mince**.

Stir together until thoroughly combined. Taste and season with **salt** and **pepper** if needed.



## Serve

Share the **beef tikka pulao** between your bowls. Finish with a dollop of **yoghurt** on top.

## Enjoy!