

Beef Tikka Pulao

with Peas and Yoghurt

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







Basmati Rice

Garlic Clove





Red Onion







Beef Stock

Tikka Paste

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

2P	3P	4P
150g	225g	300g
2	3	4
1	2	2
240g	360g	480g
75g	112g	150g
10g	15g	20g
25g	37g	50g
120g	180g	240g
75g	120g	150g
	150g 2 1 240g 75g 10g 25g 120g	150g 225g 2 3 1 2 240g 360g 75g 112g 10g 15g 25g 37g 120g 180g

*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.

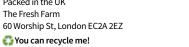
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Boil a full kettle.

Pour the **boiled water** into a large saucepan with 1/4 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!