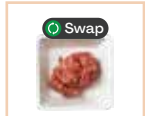




Indian-Inspired Curried Beef Bowls

with Golden Rice Pilaf and Creamy Tomatoes

15 Minutes



Ground Turkey
250 g | 500 g

Customized Protein **+** Add **↻** Swap **or** **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Ground Beef
250 g | 500 g
- Basmati Rice
¼ cup | 1 ½ cups
- Baby Tomatoes
113 g | 227 g
- Carrot, julienned
56 g | 113 g
- Green Peas
56 g | 113 g
- Onion, sliced
113 g | 226 g
- Yogurt Sauce
3 tbsp | 6 tbsp
- Curry Paste
2 tbsp | 4 tbsp
- Vegetable Stock Powder
1 tbsp | 2 tbsp
- Cumin-Turmeric Spice Blend
1 1/2 tsp | 3 tsp
- Beef Broth Concentrate
1 | 2

No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Visa by PACE/INO Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Unsalted butter, salt, oil, sugar, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, small bowl

1



Cook rice pilaf

- Before starting, add 1 ½ cups (3 cups) water and ¼ tsp (¼ tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Once water is boiling, add **rice, carrots, vegetable stock powder, half the Cumin-Turmeric Spice Blend** and **1 tbsp (2 tbsp) butter**.
- Stir to mix, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep creamy tomatoes

- Halve **tomatoes**.
- Add **tomatoes** and **half the yogurt sauce** to a small bowl. Season with **salt** and **pepper**. Stir to coat.

3



Cook beef

🔄 Swap | Turkey

- Heat a large non-stick pan over high heat.
- When the pan is hot, add **1 tsp (2 tsp) oil**, then **beef, onions** and **peas**.
- Season with **salt** and **pepper**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Reduce heat to medium. Add **curry paste, broth concentrate, remaining Cumin-Turmeric Spice Blend, ¼ tsp (½ tsp) sugar** and **½ cup (⅔ cup) water**.
- Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.

4



Finish and serve

- Fluff **rice** with fork.
- Divide **rice, beef** and **creamy tomatoes** between plates.
- Drizzle **remaining yogurt sauce** over top of **beef**.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Cook turkey

🔄 Swap | Turkey

If you've opted to get **turkey**, cook and plate in the same way the recipe instructs you to cook and plate the **beef**.**

** Cook to a minimum internal temperature of 74°C/165°F.