



# Indian-Inspired Curried Beef Bowls













with Golden Rice Pilaf and Creamy Tomatoes

15 Minutes

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](http://www.hellofresh.ca)



 Ground Turkey 250 g   500 g	 Beyond Meat® 2   4
 Ground Beef 250 g   500 g	 Basmati Rice ¾ 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 ½ tsp   3 tsp
 Beef Broth Concentrate 1   2	

**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 ½ 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.

4



### Finish and serve

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

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 | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

- 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 **⅓ cup (⅔ cup) water**.
- Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.

Measurements  
within steps

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

### 3 | Cook turkey

🔄 Swap | **Ground Turkey**

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

### 3 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook it the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.\*\*

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