

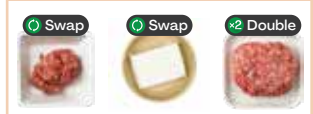


Beef Madras-Style Curry

with Green Onion Rice

Spicy

25 Minutes



Ground Turkey 250g | 500g Tofu 1 | 2 Ground Beef 500g | 1000g

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://hellofresh.ca)



Ground Beef 250 g | 500 g Basmati Rice ¾ cup | 1 ½ cups

Flatbread 2 | 4 Red Onion 1 | 2

Tikka Sauce ½ cup | 1 cup Green Onion 2 | 4

Cream 56 ml | 113 ml Tomato Sauce Base 4 tbsp | 8 tbsp

Curry Paste 2 tbsp | 4 tbsp Indian Spice Mix 1 tbsp | 2 tbsp

Garlic Puree 2 tbsp | 4 tbsp

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 | Oil, salt, pepper

Cooking utensils | Measuring cups, medium pot, measuring spoons, large non-stick pan, baking sheet, silicone brush, small bowl

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.

4



Make curry sauce

*2 Double | Ground Beef

- Reduce heat to medium. Add **red onions** to the pan with **beef**. Cook, stirring often, until **onions** soften, 3-4 min.
- Stir in **Indian Spice Mix** and **half the garlic puree**. Cook, stirring often, until fragrant, 1-2 min.
- Add **tomato sauce base**, **tikka sauce**, **curry paste**, **cream** and **½ cup** (¾ cup) **water**. Cook, stirring often, until **sauce** thickens, 3-5 min. (TIP: If you prefer a brothier sauce, add more water, 2 tbsp at a time.)

2



Prep

- Meanwhile, peel, then cut **red onion** into ¼-inch pieces.
- Thinly slice **green onions**.

5



Make garlic flatbreads

- Meanwhile, arrange **flatbreads** on an unlined baking sheet.
- Combine **remaining garlic puree** and **1 tbsp** (2 tbsp) **oil** in a small bowl.
- Brush **garlic oil** over **flatbreads**, then season with **salt**.
- Toast in the **middle** of the oven until golden-brown, 4-5 min. (TIP: Keep your eye on flatbreads so they don't burn!)

3



Cook beef

Swap | Ground Turkey

Swap | Tofu

*2 Double | Ground Beef

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard all but **1 tbsp** of **fat**.
- Season **beef** with **salt** and **pepper**.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice** and **curry** between plates. Sprinkle **remaining green onions** over top.
- Serve **garlic flatbreads** on the side.

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**, add **1 tbsp** (2 tbsp) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **beef****.

3 | Cook tofu

Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook it in the same way the recipe instructs you to cook the **beef**, until golden-brown all over, 6-7 min. Disregard instructions to drain excess fat.

3 | Cook beef

*2 Double | Ground Beef

If you've opted for **double beef**, cook it in the same way the recipe instructs you to cook the **regular portion of beef**. Work in batches, if necessary.

4 | Make curry sauce

*2 Double | Ground Beef

Increase **water** amount to **¾ cups** (1 ½ cups). Continue with recipe as written.

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