

Indian-Inspired Curried Beef Bowls

with Golden Rice Pilaf and Creamy Tomatoes

15 Minutes











×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











250 g | 500 g

3/4 cup | 1 1/2 cups

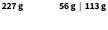


Baby Tomatoes



Carrot, julienned

113 g | 227 g





Green Peas



113 g | 226 g

56 g | 113 g



Yogurt Sauce 3 tbsp | 6 tbsp



2 tbsp | 4 tbsp



Vegetable Stock Powder 1 tbsp | 2 tbsp



Spice Blend 1 1/2 tsp | 3 tsp



Beef Broth Concentrate 1 2



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



Cook rice pilaf

- Before starting, add 1 ½ cups (3 cups) water and ½ tsp (1/4 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.



Finish and serve

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



Prep creamy tomatoes

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



Cook beef

Swap | Ground Turkey

O 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



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

1 tbsp

2 person

(2 tbsp)

4 person

oil

Ingredient

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.**