



SuperQuick Indian-Inspired Curried Beef Bowls

with Golden Rice Pilaf and Creamy Cucumbers

Spicy

15 Minutes

Customized Protein

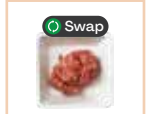
+ Add

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



Ground Turkey
250 g | 500 g



Ground Beef
250 g | 500 g



Basmati Rice
¼ cup | 1 ½ cups



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



Mini Cucumber
2 | 4

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 ⅛ 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, then divide between bowls.
- Top with **beef** and **cucumbers**.
- Drizzle **remaining yogurt sauce** over **beef**.

2



Prep

- Thinly slice **cucumbers**.
- Add **cucumbers** and **half the yogurt sauce** to a small bowl. Season with **salt** and **pepper**. Stir to coat.

3



Cook beef

🔄 Swap | **Ground 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 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****

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