

# HELLO Samosa-Inspired Beef and Rice with Manga Chutney and Eresh Salad

with Mango Chutney and Fresh Salad

Family Friendly 30-40 Minutes







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 🎥







Beyond Meat®



**Ground Beef** 250 g | 500 g



Basmati Rice 34 cup | 1 1/2 cups



Red Potato



Tomato

1 | 2

150 g | 300 g



Yellow Onion 1 | 1



Spring Mix 56 g | 113 g



Green Peas 56 g | 113 g



Mango Chutney 4 tbsp | 8 tbsp



Indian Spice Mix



1 tbsp | 2 tbsp



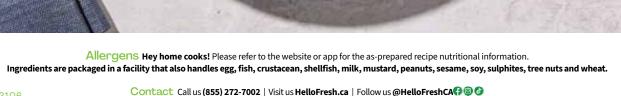


Beef Broth



Concentrate 1 | 2





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



## Cook rice

- · Wash and dry all produce.
- Add **1 cup** (2 cups) **water**, **1 tbsp** (2 tbsp) **butter** and **% tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse rice until water runs clear.
- Once boiling, add **rice**, 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.



## Prep and make dressing

- Meanwhile, cut **tomato** into ½-inch pieces.
- Cut **potatoes** into ½-inch pieces
- Add vinegar, 1 tsp (2 tsp) mango chutney and 1 tbsp (2 tbsp) oil to a large bowl. Season with salt and pepper, then stir to combine. (NOTE: This is your dressing.)



## Cook veggies

- · Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add 1 tbsp (2 tbsp) oil, onions, potatoes and 2 tbsp (4 tbsp) water.
- Season with salt and pepper. Cover and cook, stirring often, until **potatoes** start to soften and liquid has absorbed, 4-6 min.



## 4 | Cook Beyond Meat® mixture

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

**1 tbsp** (2 tbsp)

2 person

oil

4 person Ingredient

#### Swap | Beyond Meat

4 | Cook turkey mixture

Swap | Ground Turkey

Measurements

within steps

the beef.\*\*

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.\*\* Disregard instructions to drain excess fat. Follow the rest of the recipe as written.



## Cook beef mixture

🗘 Swap | Ground Turkey

### Swap | Beyond Meat

- Add beef and peas. Cook, breaking up beef into smaller pieces, until no pink remains, 4-5 min.\*\*
- · Carefully drain and discard excess fat, if desired.
- Add Indian Spice Mix, broth concentrate,  $\frac{1}{4}$  cup ( $\frac{1}{2}$  cup) water and 1 tbsp (2 tbsp) mango chutney. Cook, stirring often, until fragrant, 30 sec.



## Finish and serve

- Add tomatoes and spring mix to the bowl with **dressing**. Toss to combine.
- Fluff rice with a fork.
- Divide rice, meat mixture and salad between bowls.
- Drizzle remaining mango chutney over top, if desired.