



Samosa-Inspired Beef and Rice

with Mango Chutney and Fresh Salad

Family Friendly 30-40 Minutes

Customized Protein

+ Add



Swap

or


x2 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
- 



Beyond Meat®
2 | 4
- 

Ground Beef
250 g | 500 g
- 

Basmati Rice
¾ cup | 1 ½ cups
- 


Red Potato
150 g | 300 g
- 


Tomato
1 | 2
- 

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
- 

Seasoned Rice Vinegar
1 tbsp | 2 tbsp
- 

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, oil, salt, pepper

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

1



Cook rice

- Wash and dry all produce.

- Add **1 cup** (2 cups) **water**, **1 tbsp** (2 tbsp) **butter** and **1/8 tsp** (1/4 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.

2



Prep and make dressing

- Meanwhile, cut **tomato** into 1/2-inch pieces.
- Cut **potatoes** into 1/4-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.)

3



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 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**, **1/4 cup** (1/2 cup) **water** and **1 tbsp** (2 tbsp) **mango chutney**. Cook, stirring often, until fragrant, 30 sec.

5



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.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

4 | Cook turkey mixture

Swap | **Ground Turkey**

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

4 | Cook Beyond Meat® mixture

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

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