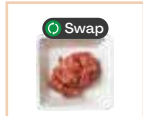




# SuperQuick Biryani-Inspired Beef

## with Cumin-Turmeric Rice and Yogurt Sauce

Spicy 15 Minutes



Ground Turkey  
250 g | 500 g

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 Beef  
250 g | 500 g



Basmati Rice  
¾ cup | 1 ½ cups



Cumin-Turmeric  
Spice Blend  
1 ½ tsp | 3 tsp



Garlic Puree  
1 tbsp | 2 tbsp



Yogurt Sauce  
6 tbsp | 12 tbsp



Mirepoix  
113 g | 227 g



Indian Spice Mix  
1 tbsp | 2 tbsp



Cilantro  
7 g | 14 g



Crispy Shallots  
28 g | 56 g



Green Peas  
56 g | 113 g



Curry Paste  
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.

Ingredient quantities 56 g | 113 g  
2-serving | 4-serving

Pantry items | Butter, salt, pepper

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

1



## Make rice

- Before starting, to a medium pot, add 1 cup (2 cups) water and 1/8 tsp (1/4 tsp) salt. Cover and bring to a boil over high heat.
  - Wash and dry all produce.
- Using a strainer, rinse **rice** until **water** runs clear.
  - To the pot of boiling water, add **rice**, **garlic puree** and **peas**. Cover and reduce heat to low. Cook for 12-15 min, until **rice** is tender and **water** is absorbed. Remove from heat. Set aside, still covered.

2



## Cook beef

- [Swap](#) | [Ground Turkey](#)
- Meanwhile, heat a large non-stick pan over high. When the pan is hot, add **beef**, **mirepoix** and **Indian Spice Mix** to the dry pan. Cook for 2-4 min, breaking up **beef** into smaller pieces, until no pink remains.\*\* Carefully drain and discard excess fat. Season with **salt** and **pepper**.
- Add **curry paste** and 1/2 cup (1 cup) **water**. Cook for 1-2 min, stirring occasionally, until slightly thickened. Remove the pan from heat.

3



## Prep

- Meanwhile, to a small microwavable bowl, add 2 tbsp (4 tbsp) **butter** and **Cumin-Turmeric Spice Blend**. Microwave in 30-sec increments until **butter** is melted. Stir to combine.

4



## Finish and serve

- Fluff **rice** with a fork, then pour **melted butter mixture** over top.
- Divide **rice** between plates.
- Top with **beef mixture**.
- Tear **cilantro** and sprinkle **crispy shallots** over top.
- Drizzle **yogurt sauce** over top.

Measurements within steps

1 tbsp	(2 tbsp)	oil
2-serving	4-serving	Ingredient

### For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 2 | Cook turkey

[Swap](#) | [Ground Turkey](#)

If you've opted to get **turkey**, prep and cook in the same way the recipe instructs you to prep and cook the **beef**.\*\* Disregard instructions to drain excess fat.

\*\* Cook to a minimum internal temperature of 165°F.