



Beef and Lemongrass Curry

with Cilantro Rice

PRONTO 30 Minutes



Ground Beef



Curry Powder



Coconut Milk



Lemongrass



Basmati Rice



Garlic



Mirin-Soy Blend



Thai Seasoning



Onion, chopped



Ginger



Green Beans



Cilantro



Sweet Bell Pepper

HELLO LEMONGRASS

A tall tropical grass with herbal lemony notes!

START HERE

Before starting, wash and dry all produce.

Bust Out

Grater, Large Pan, Medium Pot, Measuring Cups, Measuring Spoons

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Curry Powder	1 tsp	2 tsp
Coconut Milk	330 ml	660 ml
Lemongrass	1	2
Basmati Rice	¾ cup	1 ½ cup
Garlic	6 g	12 g
Mirin-Soy Blend	4 tbsp	8 tbsp
Thai Seasoning	1 tbsp	2 tbsp
Onion, chopped	56 g	113 g
Ginger	30 g	60 g
Green Beans	170 g	340 g
Cilantro	7 g	14 g
Sweet Bell Pepper	160 g	340 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. PREP & COOK RICE

Bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. Meanwhile, remove outer layer of **lemongrass**, then cut in half crosswise. Using the back of a wooden spoon forcefully tap the **lemongrass** to bruise. Peel, then grate **garlic**. Peel, then grate **ginger**. Trim **green beans**, then cut in half. Core, then cut **pepper** into ½-inch pieces. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



4. FINISH CURRY

Add the **coconut milk**, **soy-mirin** and **green beans** to the pan. Cover and simmer until the **beans** are tender crisp, 3-4 min. Season with **salt** and **pepper**.



2. COOK BEEF

While the **rice** cooks, heat a large pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl) then the **beef** and **Thai seasoning**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Season with **salt** and **pepper**.



5. FINISH AND SERVE

Roughly chop the **cilantro**. Fluff the **rice** with fork. Season with **salt** and stir in **half the cilantro**. Remove the **lemongrass stems** from the **curry** and discard. Divide the **rice** between plates and top with the **beef lemongrass curry**. Sprinkle over the **remaining cilantro**.



3. START CURRY

Add the **onion**, **peppers**, **ginger**, **garlic**, **curry powder** and **lemon grass** to the large pan with the **beef**. Cook, stirring occasionally, until softened, 2-3 min.