

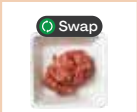


Indian-Inspired Curried Beef Bowls

with Golden Rice Pilaf and Creamy Tomatoes

Super Quick

15 Minutes



Ground Turkey
250 g | 500 g

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 Beef
250 g | 500 g
- Basmati Rice
¼ cup | 1 ½ cups
- Baby Tomatoes
113 g | 227 g
- 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

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 | Measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan

1



Cook rice pilaf

- Before starting, add 1 ½ cups (3 cups) water and ½ 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.
- Divide **rice, beef** and **creamy tomatoes** between plates.
- Drizzle **remaining yogurt sauce** over **top of beef**.

2



Prep

- Halve **tomatoes**.
- Add **tomatoes** 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 ½ **cup** (⅔ cup) **water**.
- Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**, to taste.

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.



Issue with your meal? Scan the QR code to share your feedback.