



Indonesian Beef Rendang

with Basmati Rice

30 Minutes

Customized Protein

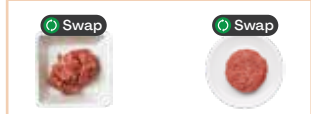
+ Add

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 Turkey
250 g | 500 g

Beyond Meat®
2 | 4



Ground Beef
250 g | 500 g

Basmati Rice
¾ cup | 1 ½ cups

Lemongrass
1 | 2

Coconut Milk
1 | 2

Ground Cinnamon
1 tsp | 2 tsp

Sweet Bell Pepper
1 | 2

Cumin-Turmeric
Spice Blend
1 ½ tsp | 3 tsp

Ginger-Garlic
Puree
2 tbsp | 4 tbsp

Lime
1 | 2

Beef Broth
Concentrate
1 | 2

Cilantro
7 g | 14 g

Shallot
1 | 2

Soy Sauce
1 ½ tsp | 3 tsp

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 | Oil, salt, pepper, sugar

Cooking utensils | Measuring spoons, medium pot, zester, large non-stick pan

1



Start rice

• Before starting, wash and dry all produce.

- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- 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

- Peel, then mince **shallot**.
- Core, then cut **pepper** into ¼-inch pieces.
- Zest, then juice **half the lime**. Cut **remaining lime** into wedges.
- Remove outer layer of **lemongrass**, then quarter crosswise. Using the back of a spoon or a heavy pot, forcefully tap **lemongrass** to bruise.

3



Cook beef and veggies

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **beef, shallots and peppers**.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**

4



Cook aromatics

- Add **Cumin-Turmeric Spice Blend**, **ground cinnamon**, **ginger-garlic puree**, **lemongrass**, **soy sauce**, **½ tsp** (1 tsp) **sugar** and **beef broth concentrate** to the same pan.
- Cook, stirring often, until fragrant, 1-2 min.

5



Finish rendang

- Reduce heat to medium-low.
- Add **coconut milk** and season with **salt** and **pepper**.
- Cook, stirring often, until **sauce** thickens slightly, 3-4 min.
- Meanwhile, roughly chop **cilantro**.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **lime zest** and season with **salt**.
- Carefully remove, then discard lemongrass stalk from **beef rendang**. Add **lime juice** and stir to combine.
- Divide **rice** between bowls.
- Top with **beef rendang**.
- Sprinkle **cilantro** over top.
- Squeeze a **lime wedge** over top if desired.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Cook turkey and veggies

🔄 Swap | **Ground Turkey**

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

3 | Cook Beyond Meat® and veggies

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare, cook and plate it the same way as the **beef**, until cooked through, 5-6 min.**

** Cook beef, turkey and Beyond Meat® to a minimum internal temperature of 74°C/165°F.



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