



# 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)

<b>↻</b> Swap	<b>↻</b> Swap
Ground Turkey 250 g   500 g	Beyond Meat® 2   4



The recent weather conditions that have caused supply challenges across North America has impacted our regular supply of fresh produce, and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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.