



Sri Lankan Beef Curry

with Veggies & Garlic Rice

Grab your Meal Kit
with this symbol



Garlic



Basmati Rice



Brown Onion



Carrot



Tomato



Green Beans



Lime



Beef Mince



Sri Lankan
Spice Blend



Tomato Paste



Coconut Milk



Beef Stock
Pot



Roasted Peanuts



Hands-on: **25-35 mins**



Ready in: **35-45 mins**



Naturally gluten-free

Not suitable for Coeliacs

The rich aromatic flavours of this beef curry complimented by the richness of tomatoes and the creaminess of coconut milk, will transport you to the magical streets of Sri Lanka without having to leave your kitchen.

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
brown onion	1	2
carrot	1	2
tomato	1	2
green beans	1 bag (100g)	1 bag (200g)
lime	½	1
beef mince	1 small packet	1 medium packet
Sri Lankan spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
coconut milk	1 tin (400ml)	2 tins (800ml)
beef stock pot	1 tub (20g)	1 tub (40g)
brown sugar*	1 tsp	2 tsp
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4871kJ (1164Cal)	637kJ (152Cal)
Protein (g)	45.9g	6g
Fat, total (g)	63.1g	8.2g
- saturated (g)	35.7g	4.7g
Carbohydrate (g)	87.8g	11.5g
- sugars (g)	23.2g	3g
Sodium (mg)	1260mg	165mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.

2



Get prepped

While the rice is cooking, finely chop the **brown onion**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **tomato**. Trim and cut the **green beans** into 2cm pieces. Finely zest the **lime** to get a generous pinch, then slice into wedges.

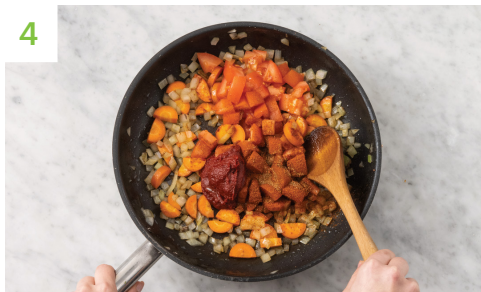
3



Cook the beef mince

Heat a drizzle of **olive oil** in a large frying pan over a high heat. Cook the **beef mince**, breaking up with a spoon, until just browned, **4-5 minutes**. Season with **salt** and **pepper**. Transfer to a plate and set aside.

4



Start the curry

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **onion** and **carrot** and cook, until slightly softened, **4-5 minutes**. Add the **tomato**, **Sri Lankan spice blend** and **tomato paste** and cook, stirring, until fragrant, **1-2 minutes**.

5



Finish the curry

Add the **green beans**, **coconut milk**, **beef stock pot**, **lime zest** and **brown sugar** and bring to the boil. Reduce the heat to medium and cook, until the veggies have softened, **5-6 minutes**. Add the **beef mince** back into the pan and stir until heated through, **1 minute**. Season with **salt** and **pepper**.

6



Serve up

Divide the garlic rice between bowls. Top with the Sri Lankan beef curry. Garnish with the **roasted peanuts**. Serve with the lime wedges.

Enjoy!