



Cooking Made Easy

hellofresh.com | hello@hellofresh.com



JOIN Share your masterpiece! Tag your photos with #HelloFreshPics and share on [f](#) [t](#) [i](#) 2015 You'll be entered into our weekly photo contest!

Curried Jamaican Beef & Collard Greens

with Spicy Red Chili & Creamy Polenta



This unique stir-fry dish brings the flavors of Jamaican beef patties to you in a simple, no-fuss recipe. Mustardy turmeric and curry powder build layers of flavor along with hot chili pepper and pungent garlic. Earthy collards offer the perfect counterpoint to these highly aromatic flavors.



30 min



level 1



nut free



spicy



gluten free



Ground Beef



Polenta



Collard Greens



Chili Pepper



Turmeric



Stock Concentrate



Onion



Curry Powder



Sour Cream



Garlic

Ingredients	2 People	4 People
Ground Beef	10 oz	20 oz
Collard Greens	1 bunch	2 bunches
Onion	1	2
Polenta	½ C	1 C
Stock Concentrate	2	4
Curry Powder	1 t	2 t
Turmeric	1 t	2 t
Chili Pepper	1	2
Sour Cream	1) 2 T	4 T
Garlic	2 cloves	4 cloves
Olive Oil*	1 T	2 T
Butter*	1) 1 T	2 T

*Not Included

Allergens

1) Milk

Tools

Large Pan, Small Pot

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 601 cal | Carbs: 47 g | Fat: 30 g | Protein: 35 g | Fiber: 5 g



1 Halve, peel, and thinly slice the **onion**. Mince or grate the **garlic**. Remove and discard the ribs and stems from the **collard greens**, then slice the leaves into thin ribbons. Mince the **chili pepper**, removing the seeds if you prefer less heat.



2 Heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the **onion** and cook, tossing, for about 5 minutes, until softened. Add the **garlic** and as much **chili pepper as you dare** (we used ¼ teaspoon!) to the pan and cook for another 30 seconds, until fragrant. Season with **salt** and **pepper**.



3 Increase the heat to medium-high. Add the **ground beef**, **turmeric**, and **curry powder** to the pan and cook, breaking up the pieces, until browned but not yet cooked through, 2-3 minutes. Season with **salt** and **pepper**. Bring 2 cups of **water** and **1 stock concentrate** to a boil in a small pot.



4 Add the **collard greens**, **stock concentrate**, and ½ cup **water** to the pan with the beef and cook, another 4-5 minutes, until collards are very soft and sauce has thickened. Season with **salt** and **pepper**.

5 While the collard greens cook, make the **polenta**: when water is boiling, stir in the **polenta** and cook 2-3 minutes, stirring often, until thick. Remove from the heat, stir in the **sour cream** and **butter**, then season with **salt** and **pepper**. **HINT:** If your polenta is too thick, add a splash of water. If it's too thin, let it simmer away until thickened.

6 Serve the **Jamaican beef** on a bed of **polenta** and dig in!