



Jamaican-Inspired Curry Beef Bowls

with Ginger Rice

Quick

Spicy

25 Minutes



Ground Beef



Jerk Spice Blend



Mild Curry Paste



Basmati Rice



Mirepoix



Green Peas



Cilantro



Beef Broth Concentrate



Garlic Puree



Ginger



Crispy Shallots

HELLO JERK SPICE BLEND

A warm blend made with allspice, cinnamon, nutmeg and thyme!

Start here

Before starting, wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Jerk Spice Blend 🌶️	1 tbsp	2 tbsp
Mild Curry Paste	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cups
Mirepoix	113 g	227 g
Green Peas	113 g	227 g
Cilantro	7 g	14 g
Beef Broth Concentrate	1	2
Garlic Puree	1 tbsp	2 tbsp
Ginger	30 g	60 g
Crispy Shallots	28 g	56 g
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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.

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Cook rice

Peel, then mince or grate **ginger**. Heat a medium pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **ginger**. Cook, stirring often, until fragrant, 2-3 min. Add **rice, peas, 1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Prep garnish

While **sauce** cooks, finely chop **cilantro**.



Cook beef

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **beef, garlic puree** and **mirepoix** to the dry pan. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. ** Add **curry paste, Jerk Spice Blend** and **½ tbsp sugar** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring often, until fragrant, 2-3 min.



Finish and serve

Stir **1 tbsp butter** (dbl for 4 ppl) into **sauce**. Fluff **rice** with a fork. Divide **rice** between bowls. Top with **beef and sauce**. Sprinkle **cilantro** and **crispy shallots** over top.

Dinner Solved!



Make sauce

Add **broth concentrate** and **½ cup water** (dbl for 4 ppl) to the pan. Reduce heat to medium and cook, stirring occasionally, until **liquid** reduces slightly, 3-5 min.