



Aromatic Beef Pilaf

with Tomatoes and Green Beans

Rapid 20 Minutes • Little Heat • 2 of your 5 a day

12



Beef Mince



Onion



Green Beans



Medium Tomato



Garlic Clove



Basmati Rice



Cardamom Pod



Ginger Purée



Curry Powder



Cumin



Ground Turmeric



Beef Stock Powder



Coriander



Mango Chutney

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Frying Pan, Fine Grater (or Garlic Press), Saucepan, Measuring Jug and Sieve.

Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Onion**	1	1	2
Green Beans**	1 small pack	1 large pack	1 large pack
Medium Tomato	2	3	4
Garlic Clove**	2 cloves	3 cloves	4 cloves
Basmati Rice	150g	225g	300g
Cardamom Pod	1 pot	1 pot	1 pot
Ginger Purée	1 sachet	1 sachet	2 sachets
Curry Powder 9)	1 small pot	1 large pot	1 large pot
Cumin	1 small pot	1 large pot	2 small pots
Ground Turmeric	½ pot	¾ pot	1 pot
Beef Stock Powder	1 sachet	2 sachets	2 sachets
Water for the Beef*	150ml	225ml	300ml
Coriander**	1 bunch	1 bunch	1 bunch
Mango Chutney	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	448g	100g
Energy (kJ/kcal)	2774 /663	619 /148
Fat (g)	20	5
Sat. Fat (g)	8	2
Carbohydrate (g)	87	20
Sugars (g)	20	5
Protein (g)	34	8
Salt (g)	1.55	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Get Started

a) Heat a drizzle of **oil** in a large frying pan over high heat. Once hot, add the **beef** and cook until browned, 4-5 mins, break it up with a wooden spoon as it cooks.

b) Meanwhile, halve, peel and chop the **onion** into small pieces. Trim the **green beans** then chop into thirds. Roughly chop the **tomatoes**. Peel and grate the **garlic** (or use a **garlic press**).



Cook the Rice

a) Bring a large saucepan of **water** to the boil with ¼ tsp of **salt** for the **rice**.

b) When boiling, add the **rice** and **cardamom pods** and cook until tender, 12 mins.



Add the Aromatics

a) While the **rice** is cooking, add the **onion** to the **beef**, cook for 3-4 mins, until softened. Drain off any excess fat. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*

b) Lower the heat and add the **garlic**, **easy ginger**, **curry powder** (use less if you don't like heat!), **cumin** and **turmeric** and cook, stirring, for 1 min.



Cook the Veg

a) Add the **tomatoes**, **beans**, **beef stock powder** and **water** (see ingredients for amounts), season with **salt** and **pepper** and mix well.

b) Cover with a lid (or foil) and simmer, stirring occasionally, until the **tomatoes** have softened and the **beans** are tender, about 5 mins. Taste and add more **salt** and **pepper** if you like.



Finish Up!

a) Once the **rice** has cooked, drain in a sieve and discard the **cardamom**. **TIP:** *Drain the rice really well to get rid of excess water.*

b) Roughly chop the **coriander** (stalks and all).

c) Fold the cooked **rice** gently through the **beef mixture** with **half** the **coriander**. Taste and adjust seasoning if necessary.



Serve

a) Divide between plates and top with the remaining **coriander** and **mango chutney**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.