



# BEEF 'RENDANG'

with Basmati Rice



## HELLO COCONUT MILK

Coconut milk is made from pouring boiling water over grated coconut, it isn't the liquid found inside the coconut!



Basmati Rice



Onion



Green Beans



Coriander



Beef Strips



Rendang Paste



Thai Garnish



Coconut Milk

MEAL BAG

20 mins

1.5 of your 5 a day

Rapid recipe

14

GET **PREPARED!**

Fill and boil your **Kettle**.

# BEFORE YOU START

🔑 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Saucepan** (with a **Lid**), **Sieve** and **Large Frying Pan** (with a **Lid**). Let's start cooking the **Beef 'Rendang' with Basmati Rice**.



## 1 COOK THE RICE

- Pour the boiling water from your kettle into a large saucepan with a pinch of salt and bring back to the boil.
- When boiling, add the **rice** and cook for 8-10 mins before draining in a sieve and returning to the pan with the lid on, off the heat.



## 2 PREP TIME

- Meanwhile halve, peel and thinly slice the **onion**.
- Trim the **green beans** then chop into thirds.
- Roughly chop the **coriander** (stalks and all).



## 3 FRY THE BEEF

- Heat a splash of **oil** in a large frying pan or wok over medium-high heat.
- Add the **onion** and stir-fry until starting to soften, 2-3 mins.
- Add the **beef strips** and stir-fry for 2-3 mins.
- Stir in the **rendang paste** and **Thai garnish** and cook for 30 seconds.



## 4 SIMMER THE CURRY

- Stir in the **green beans** and **coconut milk**, bring to a simmer and cook, with the lid on (or some foil), stirring occasionally, until thickened, 5-6 mins.



## 5 SEASON

- Season the **rendang** with **salt** and **pepper** to taste.



## 6 SERVE

- Serve the **rice** in bowls topped with the **rendang** and a sprinkling of chopped **coriander**.

ENJOY!

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Basmati Rice	150g	225g	300g
Onion *	1	1	2
Green Beans *	1 pack	2 packs	2 packs
Coriander *	1 bunch	1 bunch	1 bunch
Beef Strips *	250g	420g	560g
Rendang Paste 7)	1 pot	1½ pots	2 pots
Thai Garnish	1 pot	1½ pots	2 pots
Coconut Milk	1 small tin	¾ large tin	1 large tin

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 485G	PER 100G
Energy (kcal)	803	166
(kJ)	3358	693
Fat (g)	40	8
Sat. Fat (g)	29	6
Carbohydrate (g)	76	16
Sugars (g)	12	3
Protein (g)	32	7
Salt (g)	1.25	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

7) Milk

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

## 👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)



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!

HelloFRESH