

# 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







Green Beans



**Beef Strips** 



Coriander

Rendang Paste



Thai Garnish



Coconut Milk

20 mins

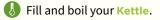


1.5 of your 5 a day



Rapid recipe





# **BEFORE YOU**

Frying Pan (with a Lid). Let's start cooking the Beef 'Rendang' with Basmati Rice.

Fill and boil your Kettle. Wash the veggies. Make sure you've got a Large Saucepan (with a Lid), Sieve and Large





### **COOK THE RICE**

- a) Pour the boiling water from your kettle into a large saucepan with a pinch of salt and bring back to the boil.
- **b)** 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

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



## **3** FRY THE BEEF

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



### Salt (g)

Basmati Rice

Green Beans \* Coriander \*

Beef Strips \*

Thai Garnish

Coconut Milk

Rendang Paste 7)

\* Store in the Fridge

Onion \*

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

INGREDIENTS

150g

1 1 pack

1 bunch

250g

1 pot

1 pot

**3P** 

225g

1

2 packs

1 bunch

420g

1½ pots

1½ pots

1 small tin ¾ large tin 1 large tin

300g

2

2 packs

1 bunch

560g

2 pots

2 pots

Nutrition for uncooked ingredients based on 2 person recipe.

#### **ALLERGENS**



### SIMMER THE CURRY

 a) 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

a) Season the rendang with salt and pepper to taste.



# 6 SERVE

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

**ENJOY!** 

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?

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