



# North Indian Style Beef Mince and Pea Curry with Basmati Rice and Cashew Nuts

Family 25-30 Minutes • Mild Spice

8



Basmati Rice



Echalion Shallot



Garlic Clove



Cashew Nuts



Beef Mince



Ginger Puree



Tomato Puree



North Indian Style Spice Mix



Chicken Stock Paste



Peas



Mango Chutney



## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan with lid, garlic press, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Echalion Shallot**	1	2	2
Garlic Clove**	2	3	4
Cashew Nuts 2)	25g	40g	40g
Beef Mince**	240g	360g	480g
Ginger Puree	1 sachet	1½ sachets	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Mango Chutney	1 sachet	1½ sachets	2 sachets

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	250ml	375ml	500ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	348g	100g
Energy (kJ/kcal)	3062 / 732	879 / 210
Fat (g)	25.6	7.4
Sat. Fat (g)	9.6	2.8
Carbohydrate (g)	85.3	24.5
Sugars (g)	18.5	5.3
Protein (g)	39.8	11.4
Salt (g)	1.91	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 2) Nuts

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Add the Flavour

Once the **mince** has browned, add the **garlic**, **ginger puree**, **tomato puree** and **North Indian style spice mix** to the pan. Stir-fry until fragrant, 30 secs.

Stir in the **chicken stock paste** and **water for the sauce** (see ingredients for amount). Bring to the boil, then reduce the heat and simmer until the **sauce** has thickened, 10-12 mins, stirring occasionally. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



## Get Prepped

Meanwhile, halve, peel and chop the shallot into small pieces. Peel and grate the **garlic** (or use a garlic press).

Heat a large frying pan on medium heat (no oil).

Once hot, add the **cashews** and dry-fry, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** *Watch them like a hawk as they can burn easily.* Transfer to a bowl and set aside.



## Finish the Curry

Once the **sauce** has thickened and the **mince** is cooked, stir in the **peas** and **mango chutney** and simmer for 1-2 mins more.

Season with **salt** and **pepper**, then remove from the heat. Add a splash of **water** if it's a little dry.



## Fry the Beef

Pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil**.

Once the **oil** is hot, add the **beef mince** and **shallot** and cook until the **mince** has browned and the **shallot** has softened, 4-5 mins.

Use a spoon to break the **mince** up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*



## Serve

Fluff up the **rice** with a fork and share between your bowls.

Spoon over the **beef and pea curry**, then scatter over the **cashews** for those who'd like them.

## Enjoy!