



Thai-Style Beef Curry with Turmeric Rice

Classic 30 Minutes • Little Heat • 1 of your 5 a day

10



Turmeric



Jasmine Rice



Green Beans



Coriander



Beef Mince



Red Thai Curry Paste



Coconut Milk



Pork Mince



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools, you will need:

Saucepan with Lid, Chopping Board, Sharp Knife and Frying Pan.

Ingredients

	2P	3P	4P
Water for Rice*	300ml	450ml	600ml
Turmeric	1 pot	1 pot	1 pot
Jasmine Rice	150g	225g	300g
Green Beans**	1 small pack	1 large pack	1 large pack
Coriander**	1 bunch	1 bunch	1 bunch
Beef Mince**	240g	360g	480g
Pork Mince**	240g	360g	480g
Red Thai Curry Paste	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for Curry*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	393g	100g
Energy (kJ/kcal)	3205/766	816/195
Fat (g)	41	10
Sat. Fat (g)	24	6
Carbohydrate (g)	65	17
Sugars (g)	4	1
Protein (g)	31	8
Salt (g)	1.85	0.47
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	393g	100g
Energy (kJ/kcal)	3502/837	892/213
Fat (g)	49	12
Sat. Fat (g)	26	7
Carbohydrate (g)	65	17
Sugars (g)	4	1
Protein (g)	31	8
Salt (g)	1.92	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

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

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Boil the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add 0.25 tsp of **salt** and the **turmeric powder**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



Get Prepped

Meanwhile, trim the **green beans** then chop into thirds. Roughly chop the **coriander** (stalks and all).



Start the Curry

Heat a drizzle of **oil** in a frying pan on high heat. When the **oil** is hot, add the **beef mince** and cook until browned, 4-5 mins. Use a wooden spoon to break it up as it cooks. **TIP: Drain off any excess fat. IMPORTANT: The mince is cooked when it is no longer pink in the middle.** Season with **salt** and **pepper**.



CUSTOM RECIPE

If you've opted for **pork mince** instead of **beef mince**, just cook the **pork mince** in the same way the recipe tells you to cook the **beef mince** in the step above and in the rest of the recipe.



Add the Sauce

Once the mince has browned, add the **Thai red curry paste**, **coconut milk** and **water** (see ingredients for amount), and stir to combine. Add the **green beans**, bring to the boil and then simmer until the **sauce** has reduced and the **green beans** are tender, 4-6 mins.



Have a Quick Tidy Up

While everything finishes off, have a quick tidy up. Once cooked, taste the **curry** and add **salt** and **pepper** if you feel it needs it.



Serve Up

Divide the **turmeric rice** between bowls, and top with the **curry**. Sprinkle over the **coriander**.

Enjoy!