



Spiced Beef Pilau

with peas and yoghurt

Family Quick Cook 20 – 25 mins

6



Beef Mince



Garlic



Rice



Korma Curry Paste



Peas



Cranberry Chutney



Yoghurt



Ground Turmeric



Chicken Stock



North Indian Style Spice Mix

Pantry Items: Salt, Pepper, Oil, Water



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pot with lid, sieve

Ingredients

	2P	4P
Beef Mince	240 g	480 g
Garlic	2 units	4 units
Rice	150 g	300 g
Korma Curry Paste	1 sachet	2 sachets
Peas	240 g	480 g
Cranberry Chutney	1 sachet	2 sachets
Yoghurt	75 g	150 g
Ground Turmeric	½ sachet	1 sachet
Chicken Stock	1 sachet	2 sachets
North Indian Style Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	410.1 g	100 g
Energy (kJ/kcal)	3001 kJ/ 717 kcal	732 kJ/ 175 kcal
Fat (g)	23.7 g	5.8 g
Sat. Fat (g)	9.9 g	2.4 g
Carbohydrate (g)	84.3 g	20.6 g
Sugars (g)	16.4 g	4 g
Protein (g)	39.5 g	9.6 g
Salt (g)	1.6 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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Boil the Rice

- Boil a large pot of **salted water** for the **rice**.
- Once boiling, add the **rice** and **half** the **turmeric** (double for 4p).
- Cook for 10-12 mins. Drain in a sieve and pop back in the pot, off the heat.
- Cover with a lid and leave aside.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).

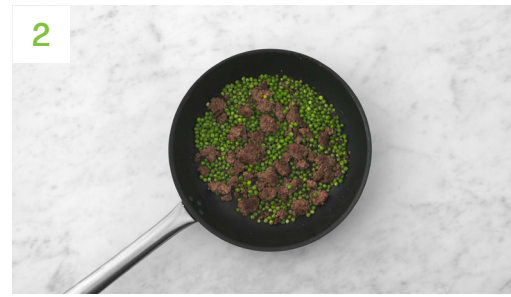
TIP: If you're in a hurry you can boil the water in your kettle.



Divide and Serve

- When ready, share the **beef** pilau between bowls.
- Finish with a drizzle of **yoghurt**.

Enjoy!



Fry the Beef

- Place a pan over medium-high heat (no oil).
- Once the pan is hot, fry the **beef mince** until browned, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Use a spoon to break up the **mince** as it cooks. Season with **salt** and **pepper**.
- Add the **garlic** and **peas** (with a drizzle of **oil** if necessary) and cook for 1 min more.



Make the Pilau

- Add the **North Indian spice**, **stock** and **korma paste** and mix until well combined.
- Stir through the **chutney**.
- Stir the **rice** into the sauce.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry.