



Fruity Beef Curry

with coriander and green beans

Family Quick Cook 20 – 25 mins

23



Beef Strips



Curry Powder



Cranberry Chutney



Shallot



Green Beans



Garlic



Creme Fraiche



Rice



Coriander



Beef Stock



Ground Coriander

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, pan with lid, pot with lid

Ingredients

	2P	4P
Beef Strips	250 g	500 g
Curry Powder	2 sachets	4 sachets
Cranberry Chutney	1 sachet	2 sachets
Shallot	1 unit	2 units
Green Beans	150 g	300 g
Garlic	1 unit	2 units
Crema Fraiche	110 g	220 g
Rice	150 g	300 g
Coriander	5 g	10 g
Beef Stock	1 sachet	2 sachets
Ground Coriander	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	390.5 g	100 g
Energy (kJ/kcal)	2594 kJ/ 620 kcal	664 kJ/ 159 kcal
Fat (g)	15.9 g	4.1 g
Sat. Fat (g)	10.1 g	2.6 g
Carbohydrate (g)	74.1 g	19 g
Sugars (g)	8 g	2 g
Protein (g)	36.9 g	9.5 g
Salt (g)	1.3 g	0.3 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

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Remove the pot from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Simmer the Curry

- Return the pan to medium-high heat with a drizzle of **oil**.
- Add the **shallot** and cook until softened, stirring frequently, 3-4 mins. Stir in the **garlic** and **curry powder**. Cook for 1 min.
- Pour in 100ml **water** (double for 4p) along with the **stock**.
- Add the **green beans**, bring to the boil, then reduce the heat to medium.
- Cover the pan with a lid or some foil and simmer until the **green beans** are tender, 5-7 mins.



Prep the Veg

- Meanwhile, halve, peel and thinly slice the **shallot**.
- Trim the **green beans** then chop into thirds.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **coriander** (stalks and all).



Finishing Touches

- Once the **green beans** are tender, remove the lid from the pan and stir in the **crema fraiche** and **cranberry chutney**.
- Bring to the boil, then remove the pan from the heat.
- Stir through the **beef strips** and **half** the **coriander**.
- Taste and season with **salt** and **pepper** if desired.



Sear the Beef Strips

- Place a large pan over high heat with a drizzle of **oil**.
- Once the pan is very hot, sear the **beef strips** with the **ground coriander** until cooked through, shifting as they colour, 2-3 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging. Meat is safe to eat when the outside is browned.
- Remove from the pan and set aside.



Dish Up

- Fluff up the **rice** with a fork and divide between bowls.
- Top with the fruity **beef** curry.
- Finish with a sprinkling of the remaining **coriander**.

Enjoy!