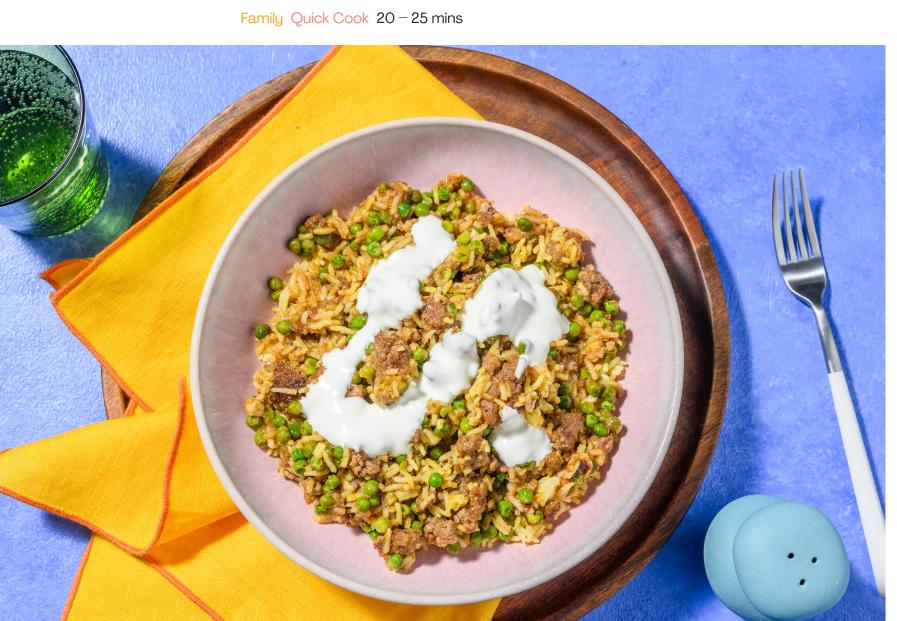


Korma Spiced Beef Pilau

with peas and yoghurt















Korma Curry Paste











Ground Turmeric





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
240 g	480 g
2 units	4 units
150 g	300 g
1 sachet	2 sachets
240 g	480 g
1 sachet	2 sachets
75 g	150 g
½ sachet	1 sachet
1 sachet	2 sachets
1 sachet	2 sachets
	240 g 2 units 150 g 1 sachet 240 g 1 sachet 75 g ½ sachet 1 sachet

Nutrition

	Per serving	Per 100g
for uncooked ingredients	410.1 g	100 g
Energy (kJ/kcal)	3112.9 kJ/ 744 kcal	759.1 kJ/ 181.4 kcal
Fat (g)	26.4 g	6.4 g
Sat. Fat (g)	10 g	2.4 g
Carbohydrate (g)	84.6 g	20.6 g
Sugars (g)	16.6 g	4 g
Protein (g)	39.3 g	9.6 g
Salt (g)	2.8 g	0.7 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.

- When ready, share the **beef** pilau between bowls.



Fru 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, korma paste and 25ml water (double for 4p) 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.



Divide and Serve

- Finish with a drizzle of yoghurt.

Enjoy!