



Beef and Mushroom Curry

with yoghurt drizzle and coriander

20 – 25 mins • Spicy

5



Irish Beef Mince



Mushrooms



Rice



Cranberry Chutney



North Indian Style Spice Mix



Yoghurt



Coriander



Passata



Rogan Josh Curry Paste



Onion



Garlic



Stock

Pantry Items: Salt, Oil, Pepper, Water, Butter, Sugar



Rate your recipe!

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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Grater, pan with lid, pot with lid

Ingredients

	2P	4P
Irish Beef Mince	240 g	480 g
Mushrooms	250 g	500 g
Rice	150 g	300 g
Cranberry Chutney	1 sachet	2 sachets
North Indian Style Spice Mix	2 sachets	4 sachets
Yoghurt	110 g	220 g
Coriander	5 g	10 g
Passata	1 pack	2 packs
Rogan Josh Curry Paste	1 sachet	2 sachets
Onion	1 unit	2 units
Garlic	1 unit	2 units
Stock	1 sachet	2 sachets

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	543 kJ/ 130 kcal
Fat (g)	4.1 g
Sat. Fat (g)	1.7 g
Carbohydrate (g)	15.9 g
Sugars (g)	3.9 g
Protein (g)	6.5 g
Salt (g)	0.5 g

See site or app for detailed nutritional info.

Allergens

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

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Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

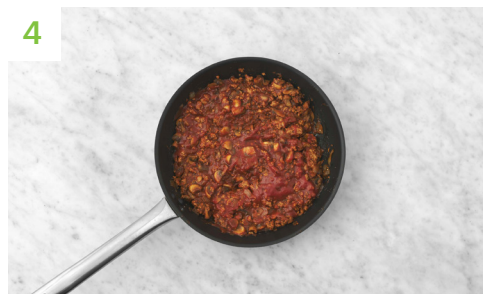


You can recycle me!



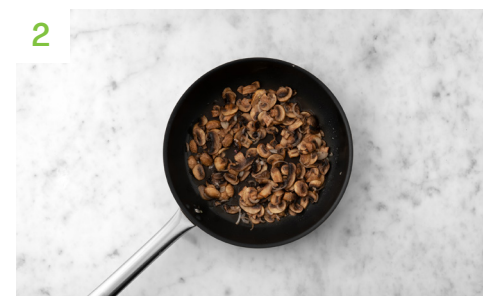
1 Cook the Rice

- Pour 300ml cold **salted water** (per 2P) 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 and cover with the lid.
- Cook for 10 mins, then 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).



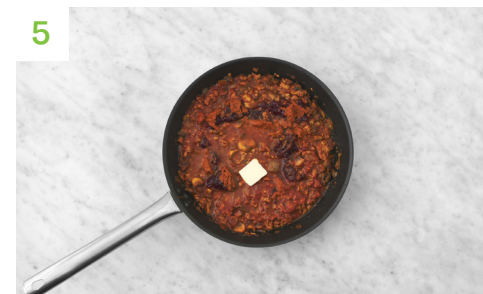
4 Simmer the Curry

- Once the **beef** has browned, add the **garlic** and **North Indian spice mix** to the pan.
- Cook, stirring, until fragrant, 1 min.
- Add 50ml **water** (per 2P), **stock** and **passata**.
- Cover and cook for another 4-5 mins.



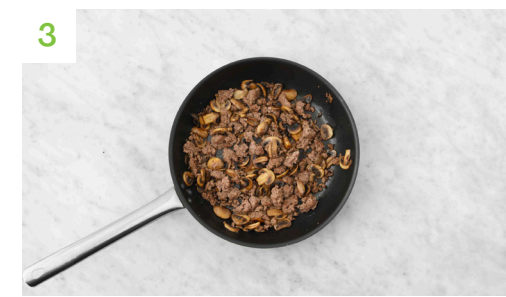
2 Get Prepped

- Halve, peel and chop the **onion** into small pieces.
- Roughly chop the **mushrooms**.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **onion** and **mushrooms** until starting to soften, 4-5 mins.
- Meanwhile, peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



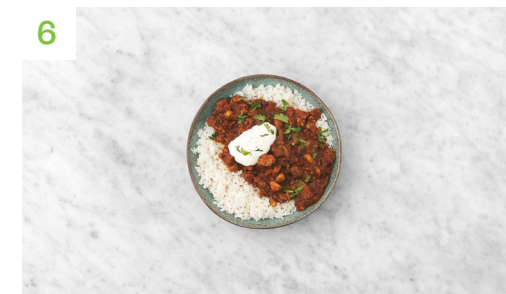
5 Finishing Touches

- Once cooked, stir through the **rogan josh paste**, **cranberry chutney** and a knob of **butter**.
- Mix well to combine. Add a splash of **water** if you feel it's too thick.
- Season to taste with **salt**, **pepper** and **sugar**.



3 Fry the Beef

- Once the veg has softened, add the **beef mince** to the pan.
- Cook 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**.



6 Garnish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Top with the **beef** and **mushroom** curry.
- Finish with a scattering of chopped **coriander** and a dollop of cooling **yoghurt**.

Enjoy !