



Spiced Kidney Bean Curry

with refreshing cucumber and coriander salsa

20 – 25 mins • Veggie

8



Red Kidney Beans



Rice



Chopped Tomato with Onion & Garlic



North Indian Style Spice Mix



Creme Fraiche



Onion



Garam Masala



Lemon



Coriander



Cucumber



Beef Mince



Lamb Mince

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



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

Pot with lid, sieve

Ingredients

	2P	4P
Red Kidney Beans	1 pack	2 packs
Rice	150 g	300 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
North Indian Style Spice Mix	1 sachet	2 sachets
Crema Fraiche	110 g	220 g
Onion	1 unit	2 units
Garam Masala	1 sachet	2 sachets
Lemon	½ unit	1 unit
Coriander	5 g	10 g
Cucumber	1 unit	2 units
Beef Mince	240 g	480 g
Lamb Mince	240 g	480 g

Nutrition

for uncooked ingredient	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	440 kJ/ 105 kcal	497 kJ/ 119 kcal	507 kJ/ 121 kcal
Fat (g)	2.6 g	3.9 g	4.4 g
Sat. Fat (g)	1.4 g	1.8 g	2.1 g
Carbohydrate (g)	16.3 g	14.1 g	14.1 g
Sugars (g)	2.4 g	2.3 g	2.3 g
Protein (g)	3.6 g	6.1 g	5.8 g
Salt (g)	0.4 g	0.4 g	0.4 g

See site or app for detailed nutritional info.

Allergens

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

Contact

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

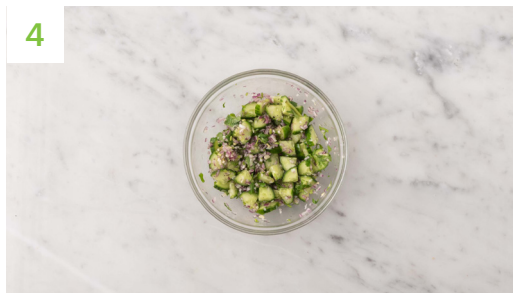


You can recycle me!



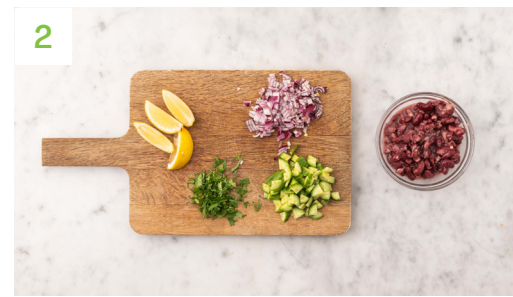
Cook the Rice

- Add 300ml cold **salted water** (per 2P) to 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.
- Once cooked, remove from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Make the Salsa

- Meanwhile, mix the **cucumber**, remaining **onion** and **half** the **coriander** in a bowl.
- Season to taste with **salt**, **pepper** and **lemon** juice.



Get Prepped

- Halve, peel and chop the **onion** into small pieces.
- Trim the **cucumber**, quarter lengthways, then chop widthways into small pieces.
- Roughly chop the **coriander** (stalks and all).
- Quarter the **lemon**.
- Drain and rinse the **beans** in a sieve.



Finishing Touches

- Add **half** the **crema fraiche** to the curry.
- Cook, stirring, until warmed through, 1-2 mins.
- Season to taste with **salt**, **pepper** and **sugar**.
- Add a splash of **water** to loosen the curry if you feel it's too thick.



Simmer the Curry

- Place a large pot over medium-high heat with a knob of **butter** and a drizzle of **oil**.
- When hot, add **half** the **onion** and fry until softened, 4-5 mins.
- Add the **North Indian spice mix** and fry until fragrant, 1 min.
- Pour in the **chopped tomatoes** and **beans**.
- Cover and simmer for 10-12 mins. When the curry has 2 mins left to simmer, stir in the **garam masala**.



Garnish and Serve

- Serve up spoonfuls of fluffy **rice** and top with the creamy curry.
- Top with the **cucumber** salsa.
- Squeeze over **lemon** juice to taste.
- Top with remaining **coriander** and **crema fraiche**.

Enjoy!

CUSTOM
OPTIONS

IRISH BEEF MINCE

Adding Beef? Add the mince to the pot along with the onion and fry until cooked through, 5-6 mins.

IRISH LAMB MINCE

Adding Lamb? Add the mince to the pot along with the onion and fry until cooked through, 5-6 mins.