



Spicy Beef Curry with almond flaked pilau

Calorie Smart 25-30 mins • Extra spicy

20



Beef Strips



Rogan Josh Curry Paste



Red Wine Vinegar



Onion



Rice



Harissa Paste



Chopped Tomato with Onion & Garlic



Carrot



Coriander



Ground Turmeric



Almonds

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



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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

Pot with lid, pan with lid

Ingredients

	2P	4P
Beef Strips	250 g	500 g
Rogan Josh Curry Paste	1 sachet	2 sachets
Red Wine Vinegar	1 sachet	2 sachets
Onion	1 unit	2 units
Rice	150 g	300 g
Harissa Paste	1 sachet	2 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Carrot	1 unit	2 units
Coriander	5 g	10 g
Ground Turmeric	1 sachet	2 sachets
Almonds	15 g	30 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	593.7 g	100 g
Energy (kJ/kcal)	2719.6 kJ/ 650 kcal	458.1 kJ/ 109.5 kcal
Fat (g)	10.7 g	1.8 g
Sat. Fat (g)	2.5 g	0.4 g
Carbohydrate (g)	89.3 g	15 g
Sugars (g)	18.7 g	3.1 g
Protein (g)	39.3 g	6.6 g
Salt (g)	4.5 g	0.8 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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Make the Pilau

- 1 Add 300ml **water** (double for 4p) and **turmeric** to a pot over medium-high heat.
- 2 Bring to the boil then add the **rice**.
- 3 Once boiling, lower the heat to medium and cover with the lid.
- 4 Cook for 10 mins, then remove the pot from the heat.
- 5 Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Fry the Veg

- Return the pan to high heat with a drizzle of **oil**.
- Fry the **onion** and **carrot** until softened, stirring occasionally, 5-6 mins. Season with **salt** and **pepper**.



Get Prepped

- Halve, peel and chop the **onion** into small pieces.
- Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.
- Roughly chop the **coriander** (stalks and all).
- Place a large pan over medium heat (no oil).
- Once hot, add the **almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins. Remove from the pan and set aside.

TIP: Watch them like a hawk as they can burn easily.



Simmer the Curry

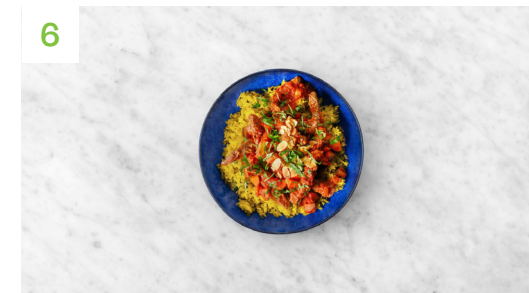
- Lower heat to medium-high. Stir in the **chopped tomatoes, vinegar** and ½ tsp **sugar** (double for 4p).
- Cover and simmer for 8-10 mins. **IMPORTANT:** Meat is safe to eat when the outside is browned.
- Stir in the **beef, rogan josh paste, harissa paste** and a knob of **butter**.
- Season to taste with **salt, pepper** and **sugar**.



Sear the Beef

- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, fry the **beef strips** until browned, shifting as they colour, 2-3 mins. Season with **salt** and **pepper**.
- Once seared, remove from the pan and set aside. **IMPORTANT:** Wash hands and equipment after handling raw meat. Meat is safe to eat when the outside is browned.

TIP: You don't want to overcrowd the pan—cook in batches if necessary!



Finish and Serve

- Loosen the curry with a splash of **water** if you feel it's too thick.
- Fluff up the **rice** with a fork.
- Divide the pilau and curry between plates.
- Top with chopped **coriander** and toasted **almonds**.

Enjoy!