



# Beef and Mushroom Curry

with rice and yoghurt drizzle

Quick Cook 20 – 25 mins • Spicy

15



Beef Mince



Mushrooms



Rice



Cranberry Chutney



North Indian Style Spice Mix



Yoghurt



Coriander



Passata



Rogan Josh Curry Paste



Onion



Garlic



Beef Stock

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



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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 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	75 g	150 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
Beef Stock	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	568.5 g	100 g
Energy (kJ/kcal)	3065 kJ/ 732 kcal	539 kJ/ 129 kcal
Fat (g)	22.2 g	3.9 g
Sat. Fat (g)	9.3 g	1.6 g
Carbohydrate (g)	91 g	16 g
Sugars (g)	21.6 g	3.8 g
Protein (g)	37 g	6.5 g
Salt (g)	2.9 g	0.5 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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### Cook the Rice

1. Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
2. Stir in the **rice** and bring to the boil.
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 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



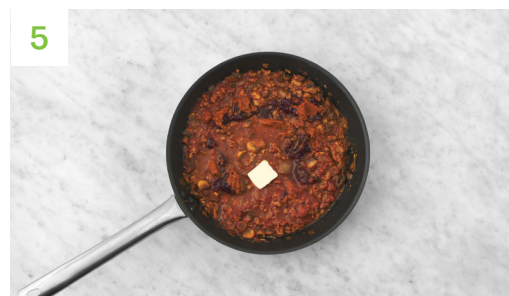
### Simmer the Curry

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



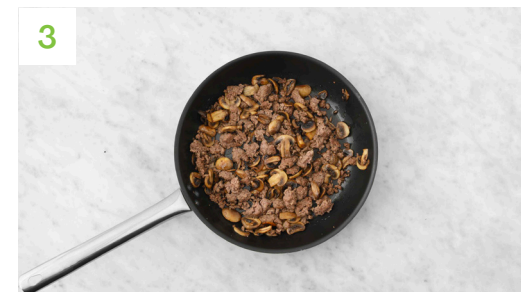
### Get Prepped

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



### Finishing Touches

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



### Fry the Beef

1. Once the veg has softened, add the **beef mince** to the pan.
2. 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.
3. Use a spoon to break up the **mince** as it cooks. Season with **salt** and **pepper**.



### Garnish and Serve

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

Enjoy!