

DINNERLY



Indian Beef Curry

with Basmati Rice



20-30 minutes



4 Servings

Prepped in Australia

Starring coconut milk and mild chaat masala spices, this creamy beef and veggie curry will satisfy every member of the house. High five.

WHAT WE SEND

- 200g green beans
- beef stir-fry strips
- 300g basmati rice
- 2 carrots
- 20g chaat masala ¹⁷
- coconut milk

WHAT YOU NEED

- sea salt and pepper
- vegetable oil
- water

TOOLS

- large frypan
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 740kcal, Fat 29.3g, Carbs 66.2g, Proteins 48.8g



1. Cook rice

Rinse the **rice** in a sieve until the water runs clear. Put in a medium saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



2. Prep vegetables

Crush or finely chop **3 garlic cloves**. Peel and cut the **carrots** into 1-2cm chunks. Trim the **beans** and cut into 3-4cm lengths.



3. Cook beef

Heat **2 tbs vegetable oil** in a large frypan over medium-high heat. Stir-fry the **beef**, in batches, for 3 mins or until browned. Add the **garlic** and **1½ tbs of the chaat masala** (any remaining chaat masala won't be used in this dish) and cook for a further 30 secs or until fragrant.



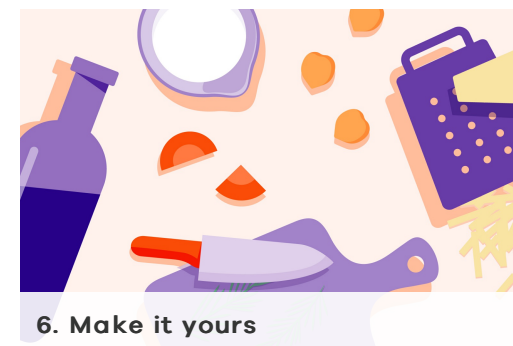
4. Simmer curry

Reduce the heat to medium. Add the **carrot** and **coconut milk** and bring to a simmer. Reduce the heat to low and cook, covered, for 10 mins or until thickened.







5. Serve up

Add the **beans** and cook for 5 mins or until tender. Season with **salt and pepper**. Divide the **rice and curry** among bowls to serve.



6. Make it yours

Love herbs? Chop up fresh coriander and scatter over the curry to serve.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 **Packed in Australia**
from at least **60%**
Australian ingredients