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Beef Tomato & Spinach Curry with Brown Rice

This beef curry is perfectly warming and delicious. Tomato provides a rich base and with nutty brown rice and a fresh squeeze of citrus to finish, you won't be left feeling full to the brim. Don't be afraid of blushing steak during the cooking - it will melt into silkiness by the time the curry is done.

 **Prep:** 5 mins
 **Cook:** 25 mins
 **Total:** 30 mins

 **level 1**

 **lactose free**

 **gluten free**

Pantry Items



Water



Olive Oil



Brown Rice



Premium Beef Rump



Brown Onion



Chennai Curry Paste



Diced Tomatoes



Baby Spinach



Lemon

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2P	4P	Ingredients
1 packet	2 packets	brown rice, rinsed well
3 cups	6 cups	water *
1 steak	2 steaks	premium beef rump
2 tsp	4 tsp	olive oil *
½	1	brown onion, finely sliced
2 tbs	4 tbs	Chennai curry paste
1 tin	2 tins	diced tomatoes
½ bag	1 bag	baby spinach, washed
1	2	lemon, cut into wedges

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2620	Kj
Protein	44	g
Fat, total	13.6	g
-saturated	3.8	g
Carbohydrate	77	g
-sugars	14.7	g
Sodium	649	mg



You will need: *chef's knife, chopping board, medium saucepan, sieve, medium frying pan, tongs, plate, aluminium foil and wooden spoon.*

1 Place the **brown rice** and **water** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes** or until rice is soft. Drain.

2 Rub the **premium beef rump steak** with half of the **olive oil** and season with **salt** and **pepper**. Heat a medium frying pan over a medium-high heat. Add the rump steak and cook for **2 minutes** on each side. Transfer to a plate and cover with foil to rest while you prepare the curry sauce.

3 Heat the remaining olive oil in the same frying pan back over a medium-high heat. Add the **brown onion** and cook, stirring, for **5 minutes** or until soft. Add the **Chennai curry paste** and a splash of water and cook for **1 minute** or until fragrant. Add the **diced tomatoes** and bring to the boil. Reduce the heat to low and simmer for **5 minutes**.

4 Cut the steak into 5mm thick slices. It may still be a little undercooked but it will continue cooking in the curry sauce. Fold the sliced steak through the curry sauce with the **baby spinach**. Simmer for **2 minutes** or until the spinach is wilted and the steak is heated through.

5 To serve, divide the rice between bowls and top with the curry. Squeeze with **lemon wedges** just before digging in.

Did you know? Brown rice is a natural source of the sleep hormone melatonin. It enhances the quality of sleep by relaxing the nerves which helps increase the sleep cycle.

