



NORTH AFRICAN BEEF CHILLI

with Coconut Rice & Cucumber-Mint Salsa



Make coconut rice



Carrot



Garlic



Cucumber



Basmati Rice



Coconut Milk



Chilli Flakes (Optional)



Beef Mince



Mild Moroccan Spice Blend



Tomato Paste



Mango Chutney



Roma Tomato



Mint



Lemon

Hands-on: **30** mins
Ready in: **35** mins

Spicy (optional chilli flakes)

B Naturally gluten-free

We've packed all the flavour of North Africa into this amazing fusion dish. We think the Caribbean touch of coconut rice might be the best bit...

Pantry Staples: Olive Oil, Salt

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **box grater**, **garlic crusher**, **sieve**, **medium saucepan** with a **lid**, **large frying pan**, **wooden spoon** and a **medium bowl**.



1 GET PREPPED

Grate the **carrot** (unpeeled). **TIP:** Keep the skin on the carrot to retain all its nutrients. Peel and crush the **garlic**. Slice the **lemon** (use suggested amount) into wedges and juice until you have **2 tsp for 2 people / 1 tbs for 4 people**.



2 COOK THE COCONUT RICE

Rinse the **basmati rice** well. Place the **rice**, **coconut milk**, **water (for the rice)** and **salt (for the rice)** into a medium saucepan and bring to the boil over a high heat. Once boiled, reduce the heat to low and simmer, covered, for **15 minutes**, or until the rice is soft and the liquid has absorbed. Season with a **pinch of pepper** and set aside. Cover with a lid to keep warm. **TIP:** Refrain from lifting the lid as this allows steam to escape and slows down the cooking process.



3 COOK THE BEEF MINCE

While the rice is cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **beef mince** and cook, breaking up with a wooden spoon, for **4-5 minutes**, or until browned. Add the **carrot**, **garlic** and **mild Moroccan spice blend** and cook for **1-2 minutes**, or until fragrant.



4 FINISH OFF THE BEEF CHILLI

Add the **mango chutney**, **tomato paste**, **water (for the beef)**, **salt (for the beef)** and the **chilli flakes** (if using) to the pan with the beef mince. **TIP:** Some like it hot but if you don't, just hold back on the chilli flakes! Mix well and simmer for **2 minutes**, or until thickened.



5 MAKE THE CUCUMBER-MINT SALSA

While the chilli is simmering, dice the **cucumber** and **Roma tomato**. Roughly chop the **mint** leaves. In a medium bowl, combine the cucumber, tomato, mint, **lemon juice** and a **drizzle of olive oil**. Season to taste with a **pinch of salt** and **pepper** and stir to combine.



6 SERVE UP

Divide the coconut rice between bowls and top with the North African beef chilli. Spoon over the cucumber-mint salsa.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	1	2
garlic	2 cloves	4 cloves
lemon	½	1
basmati rice	1 packet (¾ cup)	2 packets (1½ cups)
coconut milk	1 tin (165 mL)	2 tins (330 mL)
water* (for the rice)	1 cup	2 cups
salt* (for the rice)	¼ tsp	½ tsp
beef mince	1 packet	1 packet
mild Moroccan spice blend	1 sachet (1 tbs)	2 sachets (2 tbs)
mango chutney	1 tub (50 g)	1 tub (100 g)
tomato paste	1 sachet (2 tbs)	2 sachets (4 tbs)
water* (for the beef)	¾ cup	1½ cups
salt* (for the beef)	½ tsp	1 tsp
chilli flakes (optional)	pinch	pinch
cucumber	1	2
Roma tomato	1	2
mint	1 bunch	1 bunch

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3340kJ (799Cal)	454kJ (108Cal)
Protein (g)	41.2g	5.6g
Fat, total (g)	29.9g	4.1g
- saturated (g)	15.0g	2.0g
Carbohydrate (g)	82.4g	11.2g
- sugars (g)	16.9g	2.3g
Sodium (g)	1420mg	193mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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Hello@HelloFresh.com.au

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