South African Curry
with Geelrys

Geelrys, or yellow rice in English, is a classic side dish in South African cuisine. This recipe was developed to honour our South African customers. Enjoy!

🕐 cook: 40 min

R3401

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Steak strips	350	525	700	Grams
Potatoes	200	300	450	Grams
Brown onion	1	1	2	Piece
Carrot	1	1	2	Piece
Garlic cloves	1	1	2	Piece
Corn starch	15	20	30	Grams
Salt	1	1	2	Tsp
Curry powder	4	4	8	Grams
Paprika powder	2	2	4	Grams
Beef stock 15*	150	300	300	ML
Water	200	200	400	ML
Dark soy sauce 9*, 10*, 11*	20	30	40	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Olive oil	2	2	4	Tbsp
Mango chutney	50	75	100	Grams
Chilli powder	2	2	4	Grams
Large red chilli	1	1	2	Piece
Fresh coriander	15	15	15	Grams
Black pepper	0.5	1	1	Tsp

Geelrys				
Basmati rice	150	225	300	Grams
Turmeric powder	4	4	8	Grams
Cinnamon stick	1	1	2	Piece
Golden raisins 14*	30	45	60	Grams
Water	300	450	600	ML
Butter 4*	20	20	50	Grams
Brown sugar	5	5	10	Grams

Allergens

*15 Celery, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery.**

Nutritional information

	Per Serving*
Energy (kJ/kcal)	3904 / 934
Fat (g)	19.8
of which saturates (g)	10.4
Carbohydrate (g)	142
of which sugars (g)	37.1
Fiber (g)	12
Protein (g)	59.3
Salt (g)	7.8

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

1 Prep

Wash and chop the **potatoes** into small, bite sized pieces. Peel and chop the **onions**, **carrots** and **garlic**. In a bowl, combine the **corn starch** with {2/3/4} tbsp of **water**. Set aside.

2 Start curry

Heat a large pan over a high heat with a drizzle of **oil**. Add the **onions** and **carrots** and fry for 5 min with a pinch of **salt** and **pepper**. Add the **garlic**, **curry powder** and **paprika powder** to the same pan and fry for 1 min further. Add the **beef stock**, **measured water**, **dark soy**, half the **stock cubes** and the **potatoes**. Reduce the heat to low, cover, and cook for 20 min. Stir occasionally.

3 Fry steak strips

Meanwhile, heat a second large pan over a high heat with a drizzle of **oil**. Once hot, add the **steak strips** with a pinch of **salt** and fry for 5 min until browned. Transfer the **steak strips** to a plate.

4 Geelrys

Meanwhile, rinse the **basmati rice**. Add the **rice**, **turmeric**, **cinnamon stick**, **raisins** a pinch of **salt**, the **measured water** and the remaining **stock cube** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min.

5 Finish

Once the **potatoes** are tender, add the **corn starch** mix to the **curry** and cook for 3 min further or until thickened. Add the **beef strips** and cook for 1 min. Once the **rice** is cooked, remove the **cinnamon stick** and stir in the **butter** and **sugar** (see pro tip!). Add the **mango chutney** and a pinch of **chilli powder** to the **curry**.

Tip! For a less sweet version, add one tablespoon of the mango chutney to the curry and leave out the sugar in the geelrys.

6 Serve

Slice the **red chilli** and pick the **coriander** leaves. Serve the **beef curry** over the **geelrys**. Garnish with the **chilli (spicy!)** and the **fresh coriander**.