

Achaar Beef and Curry-Spiced Rice

Dinner Sheet — March 28, 2026

Quick & Simple Version

Total time: 45 minutes

Ingredients (4 servings)

- 1.5 lbs beef chuck or sirloin, cut in 1-inch cubes
- 1.5 cups basmati rice
- 3 tbsp vegetable oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tbsp ginger, minced
- 3 tbsp mixed achaar (Indian pickle), chopped
- 2 tsp curry powder
- 1 tsp turmeric
- 1 can (14 oz) diced tomatoes
- 1 cup beef broth
- Salt and pepper to taste

Directions

1. **Start rice first.** Heat 1 tbsp oil in large pot, add rice and toast 2 minutes. Add 2.5 cups water, 1 tsp curry powder, salt. Bring to boil, cover, simmer 18 minutes.
2. **Season beef** with salt, pepper, remaining curry powder. Heat 2 tbsp oil in large skillet over medium-high heat.
3. **Brown beef** in batches, 3-4 minutes per side. Remove and set aside.
4. **Cook aromatics.** Same pan, add onion and cook 4 minutes. Add garlic, ginger, turmeric, cook 1 minute.
5. **Build sauce.** Add tomatoes, achaar, broth. Return beef to pan, bring to simmer.
6. **Finish cooking.** Cover and simmer 20 minutes until beef is tender. Adjust seasoning.
7. **Fluff rice** with fork and serve alongside beef.

Elevated Version

Additional Ingredients

- 2 tbsp ghee or butter
- 1 tbsp tomato paste
- 1/2 cup heavy cream
- Fresh cilantro
- Whole spices: 4 cardamom pods, 1 cinnamon stick, 1 bay leaf

Upgrades

- **Bloom whole spices** in ghee before adding onions for deeper flavor base.
- **Concentrate tomato paste** by cooking 2 minutes before adding other tomatoes.
- **Marinate beef** 30 minutes in yogurt, ginger-garlic paste, and salt for tenderness.
- **Finish with cream** and fresh cilantro for restaurant-style richness.
- **Toast rice with spices** using cardamom and cinnamon stick in cooking liquid.

Make It Healthier

Vegetable Additions

- **Roasted cauliflower:** Toss florets with oil, curry powder, roast at 425°F for 25 minutes.
- **Quick cucumber raita:** Dice cucumber, mix with plain yogurt, mint, salt.
- **Sautéed spinach:** Wilt fresh spinach with garlic in same pan after beef is done.

Health Tips

- **Use lean beef cuts** like sirloin tip and trim visible fat before cooking.
- **Reduce oil** by using non-stick pan and cooking in batches without overcrowding.
- **Brown rice swap** increases fiber; use 3 cups liquid and cook 45 minutes.
- **Portion control:** Serve over larger bed of vegetables, smaller portion of rice.

Quick Tips & Notes

- **Storage:** Refrigerate up to 4 days. Freeze beef portion up to 3 months. Store rice separately.
- **Reheating:** Add splash of broth when reheating beef to prevent drying. Microwave rice with damp paper towel.
- **Achaar substitute:** Use 2 tbsp pickle relish + 1 tsp garam masala if achaar unavailable.
- **Meal prep:** Cook beef on Sunday, make fresh rice daily for best texture.