






More Than Food
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Beef Kofta Tandoori with Sag Aloo and Flat Bread

One thing we love about curry, is that it doesn't always come with the same side. Rice is irresistible, but so is a good flatbread, dosa, or chapatti. The possibilities with flatbreads seem to be endless! So, dig into this beef kofta curry and don't forget to mop up all that sauce with your flatbread!

 45 mins

 lactose free



Red Onion



Garlic Clove



New Potatoes



Coriander



Ground Turmeric



Ground Cumin



Baby Spinach



Beef Mince



Tandoori Paste



Coconut Milk




Flatbread



Lime

Ingredients

	2P	4P
Red Onion, chopped	1	2
Garlic Clove, chopped	1	2
New Potatoes, quartered	½ pack	1 pack
Coriander, chopped	3 tbsp	5 tbsp
Ground Turmeric	½ tbsp	1 tbsp
Ground Cumin	½ tbsp	1 tbsp
Baby Spinach	3 handfuls	6 handfuls
Beef Mince	250g	500g
Tandoori Paste	½ tbsp	1 tbsp
Coconut Milk	200ml	400ml
Flatbread 1	2	4
Lime	½	1

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Gluten

Nutrition per serving: Calories: 891 kcal | Protein: 33 g | Carbs: 60 g | Fat: 51 g | Saturated Fat: 27 g

1



1 Peel and chop your onion into approximately 2cm pieces. Peel and finely chop your garlic. Chop your new potatoes into quarters. Roughly chop your coriander.

3



2 Add 1 tbsp of oil to a saucepan on a medium heat. Add the onion and garlic and cook for 5 mins until softened. Then take out half of this mixture and set aside in a bowl or on a plate.

3 Add your turmeric and cumin to the remaining onions in the pan and cook for 1 minute. Then add your potatoes along with 200ml of water, ¼ tsp of salt and a good grind of pepper. Give everything a good stir, pop the lid on, turn the heat down low and cook for 15 mins until the potatoes are cooked and you can easily slip a knife through them. Once the 15 mins are up, take the lid off and allow the mixture to bubble away for 5 mins more, so it reduces slightly. When the 5 mins are up, add the spinach to the pan, take off the heat, put the lid on and leave the pan to the side until everything else is ready. **Tip:** *The spinach will wilt in the pan while you cook everything else.* This is your sag aloo!

5



this is by using your hands!

5 Pre-heat your oven to 180 degrees. Shape your beef mixture into eight little balls, then add 1 tbsp of oil to a frying pan and fry them for about 6 mins, turning occasionally so they are browned all over and cooked through.

6 Take the koftas out of the pan and set aside. Now add the onion mixture you set aside in step 2 to the same pan (no need to wash it up!) along with the tandoori paste. Stir everything together and cook on a medium-low heat for 1 minute before adding the coconut milk. Simmer for 2 mins and then add the koftas back in and gently simmer again for another 2 mins to reduce the sauce slightly. **Tip:** *You don't want your curry ferociously bubbling here! Gently simmering is perfect.*

7 While the tandoori is cooking, put your flatbreads in the oven to warm up for 5 mins.

8 When the tandoori has reduced slightly, squeeze the juice of half your lime over and stir it through.

6



4 In the meantime you can make your koftas! Put your beef mince in a bowl with ¼ tsp of salt, a good grind of pepper and half your chopped coriander. Mix it altogether. **Tip:** *The best way of doing*

9 When the sauce has reduced and the spinach wilted, serve your kofta tandoori sprinkled with your remaining coriander, your sag aloo on the side and your flatbread to mop everything up!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!