



Keema Style Beef

with Spinach, Mango Chutney and Fluffy Rice

Classic 35-40 Minutes • Mild Spice • 1 of your 5 a day

2



Red Onion



Garlic Clove



Beef Mince



Tomato Puree



Rogan Josh Curry Paste



North Indian Style Spice Mix



Basmati Rice



Red Split Lentils



Beef Stock Paste



Baby Spinach



Mango Chutney

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, frying pan, saucepan and lid.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Beef Mince**	240g	360g	480g
Tomato Puree	30g	60g	60g
Rogan Josh Curry Paste	50g	100g	100g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Red Split Lentils	50g	100g	100g
Beef Stock Paste	10g	15g	20g
Baby Spinach**	40g	60g	80g
Mango Chutney**	40g	80g	80g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	400ml	600ml	800ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3377 /807	880 /210
Fat (g)	26.4	6.9
Sat. Fat (g)	9.3	2.4
Carbohydrate (g)	101.3	26.4
Sugars (g)	20.8	5.4
Protein (g)	42.9	11.2
Salt (g)	2.51	0.65

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Fry the Mince

Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press).

Heat a large frying pan on high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 5-6 mins.

Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.*



Simmer the Lentils

While the **rice** cooks, stir the **water for the sauce** (see pantry for amount), **red split lentils** and **beef stock paste** into the **beef mince**.

Season with **salt** and **pepper**, bring to the boil, turn the heat down to medium and cover with a lid or foil.

Simmer until the **lentils** are tender, 20-25 mins. Stir occasionally to make sure they aren't sticking to the bottom of the pan and add a splash of **water** if it gets too dry.

After 10 mins, remove the lid and continue to simmer for another 10-15 mins.



Spice Things Up

Once the **beef** is browned, add the **onion** to the pan. Stir together and cook, stirring occasionally, until softened, 4-5 mins.

Add the **garlic**, **tomato puree**, **rogan josh curry paste** and **North Indian style spice mix**. Stir together and cook for 1 min.



Add the Spinach

Once the **lentils** are tender, add the **spinach** to the **curry** a handful at a time until wilted and piping hot, 1-2 mins.

Stir in the **mango chutney**, adding a splash of **water** if it's a little dry. Taste and add **salt** and **pepper** if needed.



Rice Time

Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and $\frac{1}{4}$ **tsp salt** and bring to the **boil**. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Finish and Serve

Fluff up the **rice** with a fork and share between your bowls.

Spoon over your **beef keema curry**.

Enjoy!