



Aromatic Beef Pilaf

with Tomatoes, Peas and Mango Chutney

Family 20 Minutes • Mild Spice • 3 of your 5 a day

2



Beef Mince



Onion



Medium Tomato



Garlic Clove



Basmati Rice



Rogan Josh Curry Paste



Beef Stock Paste



Coriander



Peas



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

Kettle, frying pan, saucepan, garlic press, sieve and lid.

Ingredients

Ingredients	2P	3P	4P
Beef Mince**	240g	360g	480g
Onion**	1	1	2
Medium Tomato	2	3	4
Garlic Clove**	2	3	4
Basmati Rice	150g	225g	300g
Rogan Josh Curry Paste	50g	75g	100g
Beef Stock Paste	10g	15g	20g
Coriander**	1 bunch	1 bunch	1 bunch
Peas**	120g	180g	240g
Mango Chutney	40g	80g	80g

Pantry	2P	3P	4P
Water for the Beef*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	495g 3125 / 747	100g 631 / 151
Fat (g)	26.1	5.3
Sat. Fat (g)	9.1	1.8
Carbohydrate (g)	90.5	18.3
Sugars (g)	24.3	4.9
Protein (g)	39.0	7.9
Salt (g)	2.39	0.48

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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Get Prepped

- Boil a full kettle.
- Heat a large frying pan on high heat (no oil).
- Once hot, add the **beef mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.
- Meanwhile, halve, peel and chop the **onion** into small pieces. Cut the **tomatoes** into small 1cm pieces. Peel and grate the **garlic** (or use a garlic press).



Sauce Things Up

- Add the **tomatoes**, **beef stock paste** and **water for the beef** (see pantry for amount) to the **mince**. Season with **salt** and **pepper**, then mix well.
- Cover with a lid (or foil) and simmer, stirring occasionally, until the **tomatoes** have softened and the **mince** has cooked through, 6-8 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Taste and add more **salt** and **pepper** if needed.



Cook the Rice

- Pour the **boiled water** from your kettle into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Bring on the Pilaf

- Roughly chop the **coriander** (stalks and all).
- Fold the **cooked rice** and **peas** gently through the **beef mixture**, then stir in the **mango chutney** and **half the coriander**.
- Season to taste if needed. Add a splash more **water** if it's a little dry.



Add the Flavour

- Meanwhile, once the **mince** is browned, drain and discard any excess fat.
- Add the **onion** to the pan and cook until softened, 3-4 mins.
- Lower the heat and add the **garlic** and **rogan josh curry paste**. Stir-fry for 1 min.



Serve

- Share the **beef pilaf** between your bowls.
- Sprinkle with the remaining **coriander** to finish.

Enjoy!