



Beef and Potato Keema Naans with Nigella Seeds and Garlic Yoghurt

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day

13



Baking Potato



Garlic Clove



Baby Gem Lettuce



Spring Onion



Red Wine Vinegar



Beef Mince



Natural Yoghurt



Nigella Seeds



Tomato Puree



North Indian Style Spice Mix



Beef Stock Paste



Naan

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Measuring Jug, Garlic Press, Bowl, Frying Pan, Wooden Spoon, Colander, Baking Tray, Plate.

Ingredients

	2P	3P	4P
Baking Potato**	1	2	2
Potato Water for the Sauce*	100ml	150ml	200ml
Garlic Clove	2	3	4
Baby Gem Lettuce**	1	2	2
Spring Onion**	1	2	2
Red Wine Vinegar 14)	1 sachet	2 sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Beef Mince**	240g	360g	480g
Natural Yoghurt** 7)	75g	99g	150g
Nigella Seeds	1 sachet	1 sachet	1 sachet
Tomato Puree	1 sachet	2 sachets	2 sachets
North Indian Style Spice Mix	2 sachets	2 sachets	4 sachets
Beef Stock Paste	10g	15g	20g
Naan 7) 11) 13)	2	4	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	510g	100g
Energy (kJ/kcal)	3461 /827	678 /162
Fat (g)	28	5
Sat. Fat (g)	15	3
Carbohydrate (g)	105	21
Sugars (g)	11	2
Protein (g)	42	8
Salt (g)	2.04	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

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 You can recycle me!



Cook the Potato

- Preheat your oven to 200°C.
- Bring a large saucepan of **water** to the boil with ½ **tsp** of **salt** for the **potatoes**.
- Peel the **potatoes**, chop them into 1cm chunks. When the **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 10-15 mins.
- When the **potatoes** have been cooking for 5 minutes, reserve some of the **potato cooking water** for the **sauce** (see ingredients for amount).



Make the Keema

- Once the **mince** is cooked, drain off any excess fat and season with **salt** and **pepper**.
- Return the frying pan with the **mince** to medium-high heat, add **half** the **nigella seeds**, remaining **garlic**, **tomato puree** and **North Indian style spice mix**. Cook, stirring frequently, for 1 minute.
- Pour in the **reserved potato water** (see ingredients for amount) and stir in the **beef stock paste**. Bring to the boil and simmer until the mixture has thickened, 3-4 mins. **TIP:** Add a splash of water if the mix is too dry.



Get Prepped

- Peel **1 garlic clove**, wrap in foil with a drizzle of **oil**, roast in the oven for 10 mins. Peel and grate the other **garlic clove** (or use a **garlic** press).
- Trim the root from the **baby gem lettuce** then halve lengthways and thinly slice widthways.
- Trim and thinly slice the **spring onions**.
- Add the **red wine vinegar** to a medium-sized bowl along with a pinch of **sugar** and the **oil** (see ingredients for amount). Mix together and set aside.



Cook the Keema

- Once the **potatoes** are cooked, drain them in a colander. Carefully stir the **potato chunks** into the pan with the **beef**. Taste and season with **salt** and **pepper**.
- Place the **naans** in the oven and bake until toasted and golden, 2-3 mins.
- Add the **baby gem** to the **dressing**, toss to coat.

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients:

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.



Cook the Beef

- Heat a drizzle of **oil** in a frying pan on high heat.
- When the **oil** is hot, add the **beef mince** and cook until browned, 5-6 mins. **IMPORTANT:** Wash your hands after handling raw mince. The mince is cooked when no longer pink in the middle.
- While the **mince** cooks, remove the **roasted garlic** from the oven, crush into a paste with the back of a fork.
- Add the **natural yoghurt** to a small bowl and stir in the **crushed garlic**. Season with **salt** and **pepper** and set aside.



Finish and Serve

- Share the **naans** between your plates.
- Serve the **beef** on top of the **naan** with a handful of **salad** on top.
- Dollop over the **garlic yoghurt**, sprinkle with the remaining **nigella seeds** and **spring onion**.

Enjoy!