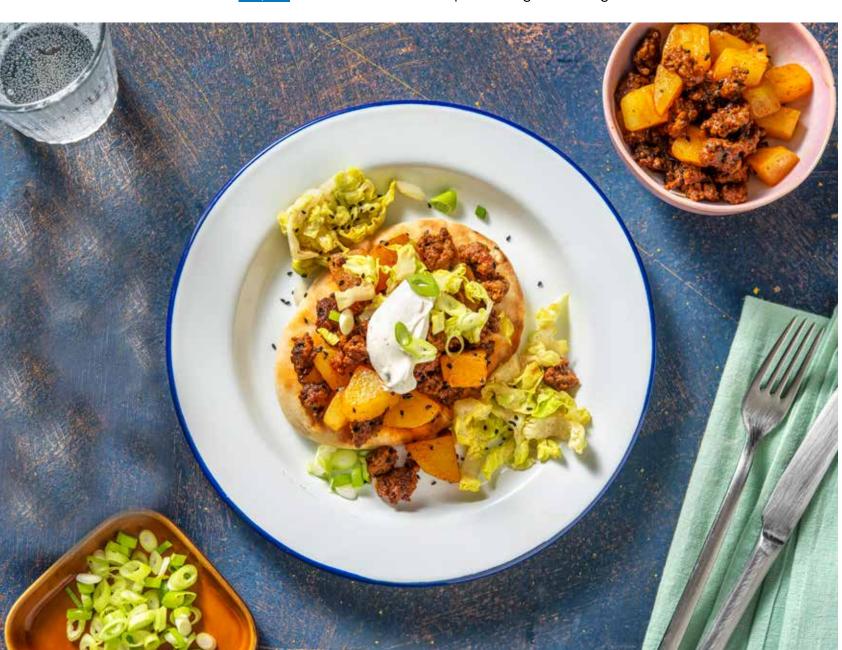
# Beef and Potato Keema Naans

with Nigella Seeds and Garlic Yoghurt

Rapid

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











Baby Gem Lettuce



Red Wine Vinegar



Natural Yoghurt



Tomato Puree



Beef Stock Paste



Garlic Clove



Spring Onion



Reef Mir



Nigella Seeds



North Indian Style Spice Mix



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# Before you start

Our fruit and veggies need a little wash before you

# 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<br>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<br>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                                  |
|-------------|---|
| 510g        | 100g                                      |
| 3461 /827   | 678 / 162                                 |
| 28          | 5   |
| 15          | 3   |
| 105         | 21  |
| 11          | 2   |
| 42          | 8   |
| 2.04        | 0.40                                      |
|             | 510g<br>3461/827<br>28<br>15<br>105<br>11 |

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

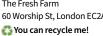
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You made this, now show it off! Share your creations with us: #HelloFreshSnaps

#### HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







### Cook the Potato

- a) Preheat your oven to 200°C.
- b) Bring a large saucepan of water to the boil with 1/2 tsp of salt for the potatoes.
- c) 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.
- **d)** When the **potatoes** have been cooking for 5 minutes, reserve some of the potato cooking water for the sauce (see ingredients for amount).



# **Get Prepped**

- a) 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).
- **b)** Trim the root from the **baby gem lettuce** then halve lengthways and thinly slice widthways.
- c) Trim and thinly slice the spring onions.
- d) 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 Beef

- a) Heat a drizzle of oil in a frying pan on high heat.
- b) 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.
- c) While the mince cooks, remove the roasted **garlic** from the oven, crush into a paste with the back of a fork.
- d) Add the natural yoghurt to a small bowl and stir in the crushed garlic. Season with salt and **pepper** and set aside.



### Make the Keema

- a) Once the mince is cooked, drain off any excess fat and season with salt and pepper.
- b) 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.
- c) 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.



# Cook the Keema

- a) 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.
- **b)** Place the **naans** in the oven and bake until toasted and golden, 2-3 mins.
- c) Add the baby gem to the dressing, toss to coat.



### Finish and Serve

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

# Enjou!

There may be changes to ingredients in recipes:

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

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