



Beef and Potato Keema Naans with Mango Chutney and Garlic Yoghurt

Rapid 20 Minutes • Mild Spice

13



Baking Potato



Garlic Clove



Baby Gem Lettuce



Cider Vinegar



Beef Mince



Tomato Puree



North Indian
Style Spice Mix



Beef Stock Paste



Mango Chutney



Plain Naan



Low Fat Natural
Yoghurt

Pantry Items
Olive Oil

Before you start

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

Cooking tools

Saucepan, garlic press, bowl, frying pan and colander.

Ingredients

	2P	3P	4P
Baking Potato**	1	2	2
Garlic Clove**	2	3	4
Baby Gem Lettuce**	1	2	2
Cider Vinegar 14)	1 sachet	2 sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Beef Mince**	240g	360g	480g
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
Water for the Sauce*	100ml	150ml	200ml
Mango Chutney	1 sachet	2 sachets	2 sachets
Plain Naan 7) 11) 13)	2	4	4
Low Fat Natural Yoghurt** 7)	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	523g	100g
Energy (kJ/kcal)	3485 / 833	667 / 159
Fat (g)	29	6
Sat. Fat (g)	10	2
Carbohydrate (g)	104	20
Sugars (g)	20	4
Protein (g)	39	7
Salt (g)	2.28	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Cereals containing gluten 14) Sulphites

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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Cook the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Bring a large saucepan of **water** to the boil with **½ tsp salt**.
- Peel and chop the **potato** into 1cm chunks. When boiling, add the **potato chunks** to the **water** and cook until you can easily slip a knife through, 10-15 mins.



Make the Keema

- When the **mince** is browned, add the **grated garlic**, **tomato puree** and **North Indian style spice mix**. Cook, stirring frequently, for 1 min.
- Stir in the **beef stock paste** and the **water for the sauce** (see ingredients for amount). Bring to the boil, then simmer until thickened, 3-4 mins. **TIP:** Add a splash of water if needed, but you don't want the mixture too wet or the naan will become soggy.
- When cooked, drain the **potatoes** in a colander, then carefully add to the **beef**. Stir in the **mango chutney**, then season to taste with **salt** and **pepper**.



Prep the Veg

- Pop 1 **garlic clove** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast in the oven until soft, 10-12 mins.
- Peel and grate the remaining **garlic** (or use a garlic press).
- Trim the **baby gem**, halve lengthways, then thinly slice widthways.
- In a medium bowl, mix together the **cider vinegar**, a pinch of **sugar** and the **olive oil for the dressing** (see ingredients for amount). Season with **salt** and **pepper**, then set aside.



Naan Time

- Meanwhile, pop the **naans** into the oven and bake until toasted and golden, 2-3 mins.
- Add the **yoghurt** to a small bowl and stir in the **roasted garlic**. Season with **salt** and **pepper**, then set aside.
- Add the **baby gem** to the bowl of **dressing** and toss to coat.



Fry the Beef

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- When the **oil** is hot, add the **beef mince** and cook 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. The mince is cooked when no longer pink in the middle.
- Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.



Finish and Serve

- Share the **naans** between your plates.
- Top the **naan** with the **beef keema** and a handful of **salad**.
- Finish with a dollop of **garlic yoghurt**.

Enjoy!