

# Beef and Potato Keema Naans with Mango Chutney and Yoghurt

**Rapid** 20 Minutes • Mild Spice



Baking Potato



Garlic Clove



Baby Gem Lettuce



Red Wine Vinegar



Beef Mince



Tomato Puree



North Indian Style Spice Mix



Beef Stock Paste



Mango Chutney



Plain Naan



Low Fat Natural Yoghurt

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

## Before you start

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

## Cooking tools

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

## Ingredients

| Ingredients                         | 2P        | 3P        | 4P        |
|-------------------------------------|-----------|-----------|-----------|
| Baking Potato                       | 1         | 2         | 2         |
| Garlic Clove**                      | 2         | 3         | 4         |
| Baby Gem Lettuce**                  | 1         | 2         | 2         |
| Red Wine Vinegar <b>14)</b>         | 1 sachet  | 2 sachets | 2 sachets |
| 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       |
| Mango Chutney                       | 1 sachet  | 2 sachets | 2 sachets |
| Plain Naan <b>7) 11) 13)</b>        | 2         | 4         | 4         |
| Low Fat Natural Yoghurt** <b>7)</b> | 75g       | 100g      | 150g      |
| <b>Pantry</b>                       | <b>2P</b> | <b>3P</b> | <b>4P</b> |
| Olive Oil for the Dressing*         | 1 tbsp    | 1½ tbsp   | 2 tbsp    |
| Water for the Sauce*                | 100ml     | 150ml     | 200ml     |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|----------|
| Energy (kJ/kcal)                       | 3953/945    | 723/173  |
| Fat (g)                                | 32.5        | 6.0      |
| Sat. Fat (g)                           | 10.8        | 2.0      |
| Carbohydrate (g)                       | 127.0       | 23.2     |
| Sugars (g)                             | 23.5        | 4.3      |
| Protein (g)                            | 45.9        | 8.4      |
| Salt (g)                               | 3.11        | 0.58     |

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

## 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 Potato

- 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 **potatoes** to the **water** and cook until you can easily slip a knife through, 10-15 mins.



## Make the Keema

- When the **mince** is browned, stir in the **garlic**, **tomato puree** and **North Indian style spice mix**. Cook for 1 min.
- Stir in the **beef stock paste** and **water for the sauce** (see pantry 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 the **potatoes** are cooked, drain in a colander, then carefully add to the **beef**. Stir in the **mango chutney**. Season to taste.



## Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Trim the **baby gem**, halve lengthways, then thinly slice widthways.
- In a medium bowl, mix together the **red wine vinegar** and **olive oil for the dressing** (see pantry for amount). Season with **salt**, **pepper** and a pinch of **sugar** (if you have any), then set aside.



## Finishing Touches

- Meanwhile, put the **naans** onto a baking tray.
- Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.
- Add the **baby gem** to the bowl of **dressing** and toss to coat.



## Fry the Beef

- Heat a large frying pan on medium-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. The mince is cooked when no longer pink in the middle.
- Meanwhile, preheat your oven to 220°C/200°C fan/gas mark 7.



## Serve

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

## Enjoy!