



Keema Style Beef

with Spinach, Mango Chutney and Fluffy Rice

Classic 35 Minutes • Mild Spice • 1 of your 5 a day

2



Onion



Garlic Clove



Beef Mince



Tomato Puree



Rogan Josh Curry Paste



Basmati Rice



Red Split Lentils



Beef Stock Paste



Baby Spinach



Mango Chutney

Before you start

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

Cooking tools, you will need:

Garlic Press, Frying Pan, Measuring Jug, Saucepan and Lid.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	2	3	4
Beef Mince**	240g	360g	480g
Tomato Puree	1 sachet	2 sachets	2 sachets
Rogan Josh Curry Paste	1 sachet	2 sachets	2 sachets
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Water for the Sauce*	350ml	500ml	700ml
Red Split Lentils	50g	100g	100g
Beef Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g
Mango Chutney	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	440g	100g
Energy (kJ/kcal)	3309 /791	752 /180
Fat (g)	27	6
Sat. Fat (g)	9	2
Carbohydrate (g)	95	22
Sugars (g)	19	4
Protein (g)	41	9
Salt (g)	2.36	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

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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1 Get Prepped

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). 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. 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.



2 Fry the Beef

Once the **beef** is browned, add the **onion** to the pan. Stir together and cook until softened, 4-5 mins, stirring occasionally. Add the **garlic**, **tomato puree** and **rogan josh curry paste**, stir together and cook for 1 min. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



3 Cook the Rice

Meanwhile, pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



4 Simmer

While the **rice** cooks, add the **water for the sauce** (see ingredients for amount), **red split lentils** and **beef stock paste** to the **beef mince**. Season with **salt** and **pepper**, bring to the boil, then turn the heat down to medium. Simmer until the **lentils** are tender, 20-25 mins. Stir every few mins to ensure the **lentils** are not sticking to the bottom of the pan.



5 Finish Off

Once the **lentils** are tender, add the **spinach** to the **curry** a handful at a time and cook until wilted and piping hot, 2-3 mins. Stir in the **mango chutney**. **TIP:** Add a splash of water if it's a little dry. Taste and add **salt** and **pepper** if needed.



6 Serve

Fluff up the **rice** with a fork and spoon into bowls. Top with the **curry**.

Enjoy!

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.