



Keema Style Beef

with Spinach, Mango Chutney and Fluffy Rice

Classic 35-40 Minutes • Mild Spice • 2 of your 5 a day

5



Red Onion



Garlic Clove



Beef Mince



Tomato Puree



Rogan Josh Curry Paste



Basmati Rice



Red Split Lentils



Beef Stock Paste



Baby Spinach



Mango Chutney



Chilli Flakes

Pantry Items
Salt, Pepper

Before you start

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

Cooking tools

Garlic press, frying pan, saucepan and lid.

Ingredients

Ingredients	2P	3P	4P
Red 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
Basmati Rice	150g	225g	300g
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
Chilli Flakes	1 pinch	1 pinch	2 pinches
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	400ml	600ml	800ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3472 /830	747 /179
Fat (g)	27.6	5.9
Sat. Fat (g)	9.6	2.1
Carbohydrate (g)	100.8	21.7
Sugars (g)	21.5	4.6
Protein (g)	46.4	10.0
Salt (g)	2.95	0.63

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

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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Get Prepped

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

Heat a large frying pan on 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.



Simmer the Sauce

While the **rice** cooks, add the **water for the sauce** (see pantry 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 and cover with a lid or foil.

Simmer until the **lentils** are tender, 20-25 mins. Stir regularly to ensure the **lentils** are not sticking to the bottom of the pan.



Fry the Beef

Once the **beef** is browned, add the **onion** to the pan. Stir together and cook, stirring occasionally, until softened, 4-5 mins.

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.



Finish Up

Once the **lentils** are tender, add the **spinach** to the **curry** a handful at a time until wilted and piping hot, 2-3 mins.

Stir in the **mango chutney**, adding a splash of **water** if it's a little dry. Taste and add **salt** and **pepper** if needed.



Cook the Rice

Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and $\frac{1}{4}$ **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



Serve

Fluff up the **rice** with a fork and share between your bowls.

Spoon over the **curry** and finish with a sprinkle of the **chilli flakes** (use less if you'd prefer things milder).

Enjoy!