



Beef Mince and Potato Keema

with Mango Chutney and Naan Bread

Classic 30-35 Minutes • Mild Spice

9



Beef Mince



Baking Potato



Plain Naans



Korma Curry Paste



Curry Powder Mix



Tomato Puree



Chicken Stock Paste



Baby Spinach



Mango Chutney

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, lid and baking tray.

Ingredients

Ingredients	2P	3P	4P
Beef Mince**	240g	360g	480g
Baking Potato	1	2	2
Plain Naans 7) 13)	2	3	4
Korma Curry Paste 9)	50g	75g	100g
Curry Powder Mix	1 sachet	2 sachets	2 sachets
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Mango Chutney	40g	60g	80g
Pantry	2P	3P	4P
Water for the Sauce*	300ml	450ml	600ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	649g	100g
Energy (kJ/kcal)	4197/1003	647/155
Fat (g)	42.9	6.6
Sat. Fat (g)	15.4	2.4
Carbohydrate (g)	111.6	17.2
Sugars (g)	19.5	3.0
Protein (g)	44.1	6.8
Salt (g)	4.53	0.70

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

Allergens

7) Milk **9)** Mustard **13)** Cereals containing gluten

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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1



Fry the Mince

If you don't have a toaster, heat your oven to 220°C/200°C fan/gas mark 7 for the **naans**.

Heat a large saucepan on medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks.

IMPORTANT: Wash your hands and equipment after handling raw mince.

2



Prep the Potato

Meanwhile, chop the **potato** into small 2cm chunks (no need to peel). **TIP:** They'll cook quicker if small.

Cut the **naans** in half widthways, then set aside.

Open the remaining sachets.

3



Build the Flavour

When the **mince** has browned, drain and discard any excess fat.

Stir in the **korma curry paste, curry powder mix, tomato puree, chicken stock paste, potatoes** and **water for the sauce** (see pantry for amount).

Bring to the boil, then reduce the heat.

4



Time to Simmer

Pop a lid on the pan and simmer until the **sauce** has thickened and the **mince** and **potato** are cooked, 15-20 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

5



Toast your Naans

Just before the **keema** is ready, warm the **naan halves** in your toaster until golden.

If you're using the oven, 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 **spinach** to the **keema** a handful at a time until wilted and piping hot, 1-2 mins. Stir in the **mango chutney** and **butter** (see pantry for amount) until melted.

6



Serve Up

When the **keema** is ready, season with **salt** and **pepper** and remove from the heat. Add a splash of **water** if needed.

Spoon your **keema** into bowls and serve the **naan** on the side.

Enjoy!