



Aromatic Beef Pilaf

with Tomatoes, Green Beans and Mango Chutney

Quick 20 Minutes • Mild Spice • 2 of your 5 a day

14



Beef Mince



Onion



Green Beans



Medium Tomato



Garlic Clove



Basmati Rice



Rogan Josh Curry Paste



Chilli Flakes



Beef Stock Paste



Coriander



Mango Chutney

Pantry Items
Oil, Salt, Pepper

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

Kettle, frying pan, garlic press, saucepan, sieve, lid and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Beef Mince**	240g	360g	480g
Onion**	1	1	2
Green Beans**	80g	150g	150g
Medium Tomato	2	3	4
Garlic Clove**	2	3	4
Basmati Rice	150g	225g	300g
Rogan Josh Curry Paste	50g	75g	100g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Beef Stock Paste	10g	15g	20g
Coriander**	1 bunch	1 bunch	1 bunch
Mango Chutney	40g	80g	80g
Pantry	2P	3P	4P
Water for the Beef*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	500g	100g
Energy (kJ/kcal)	3015 / 721	603 / 144
Fat (g)	26.3	5.3
Sat. Fat (g)	9.2	1.8
Carbohydrate (g)	85.5	17.1
Sugars (g)	22.0	4.4
Protein (g)	36.8	7.3
Salt (g)	2.39	0.48

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

Allergens

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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Get Prepped

- Boil a half-full kettle.
- Heat a large frying pan on 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.
- Meanwhile, halve, peel and chop the **onion** into small pieces. Trim the **green beans** and chop into thirds. Cut the **tomatoes** into 1cm pieces. Peel and grate the **garlic** (or use a garlic press).



Sauce Things Up

- Add the **tomatoes**, **beef stock paste** and **water for the beef** (see pantry for amount) to the **mince**. Season with **salt** and **pepper**, then mix well.
- Cover with a lid (or foil) and simmer, stirring occasionally, until the **tomatoes** have softened, 6-8 mins.
- Taste and add more **salt** and **pepper** if needed.



Cook the Rice and Beans

- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- When the **rice** has 5 mins of cooking time left, add the **green beans** to the same pan and cook for the remaining time.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Combine and Stir

- Roughly chop the **coriander** (stalks and all).
- Fold the **cooked rice** and **beans** gently through the **beef mixture**, then stir in the **mango chutney** and **half the coriander**.
- Taste and season with **salt** and **pepper** if needed. Add a splash more **water** if it's a little dry.



Add the Flavour

- Meanwhile, once the **mince** is browned, drain and discard any excess fat.
- Add the **onion** to the pan and cook until softened, 3-4 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Lower the heat and add the **garlic**, **rogan josh curry paste** and a small pinch of **chilli flakes** (add less if you'd prefer things milder). Cook, stirring, for 1 min.



Serve Up

- Share the **beef pilaf** between your bowls.
- Sprinkle with the remaining **coriander** to finish.

Enjoy!