



Aromatic Beef Pilaf

with Tomatoes and Green Beans

N° 10

FAMILY Hands on Time: 10 Minutes • Total Time: 20 Minutes • Little Heat • 2 of your 5 a day



Beef Mince



Onion



Green Beans



Vine Tomatoes



Garlic Clove



Basmati Rice



Cardamom Pod



Ginger Puree



Curry Powder



Cumin



Ground Turmeric



Beef Stock Powder



Coriander



Mango Chutney

Before you start

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

Basic cooking tools you will need:

Large Frying Pan, Fine Grater (or Garlic Press), Large Saucepan, Measuring Jug and Sieve.

Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Onion**	1	1	2
Green Beans**	1 small pack	1 large pack	1 large pack
Vine Tomatoes	2	3	4
Garlic Clove**	2	3	4
Basmati Rice	150g	225g	300g
Cardamom Pod	1 pot	1 pot	1 pot
Ginger Puree**	1 sachet	1½ sachets	2 sachets
Curry Powder 9)	1 small pot	1 large pot	1 large pot
Cumin	1 small pot	1 large pot	1 large pot
Ground Turmeric	½ pot	¾ pot	1 pot
Beef Stock Powder	1 sachet	1½ sachets	2 sachets
Water for the Beef*	150ml	225ml	300ml
Coriander**	1 bunch	1 bunch	1 bunch
Mango Chutney	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	448g	100g
Energy (kJ/kcal)	2818 /674	630 /151
Fat (g)	21	5
Sat. Fat (g)	9	2
Carbohydrate (g)	87	20
Sugars (g)	21	5
Protein (g)	34	8
Salt (g)	1.84	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Get Started

Heat a drizzle of oil in a large frying pan over high heat. Once hot, add the **beef** and cook until browned, 4-5 mins, break it up with a wooden spoon as it cooks. Meanwhile, halve, peel and chop the **onion** into small pieces. Trim the **green beans** then chop into thirds. Roughly chop the **tomatoes**. Peel and grate the **garlic** (or use a garlic press).



4. Cook The Veg

Add the **tomatoes, beans, beef stock powder** and **water** (see ingredients for amounts), season with **salt and pepper** and mix well. Cover with a lid (or foil) and simmer, stirring occasionally, until the **tomatoes** have softened and the **beans** are tender, about 5 mins. Taste and add more **salt and pepper** if you like.



2. Cook The Rice

Bring a large saucepan of **water** to the boil with ¼ tsp of **salt** for the rice. When boiling, add the **rice** and **cardamom pods** and cook until tender, 12 mins.



5. Finish Up!

Once the **rice** is cooked, drain in a sieve and discard the **cardamom**. Roughly chop the **coriander** (stalks and all). Fold the cooked rice gently through the **beef mixture** with **half the coriander**. Taste and adjust seasoning if necessary.



3. Add The Aromatics

While the rice is cooking, add the **onion** to the **beef**, cook for 3-4 mins, until softened. Lower the heat and add the **garlic, easy ginger, curry powder** (use less if you don't like heat!), **cumin** and **turmeric** and cook, stirring, for 1 min. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



6. Serve

Divide between plates and top with the remaining **coriander** and **mango chutney**.

Enjoy!