



Aromatic Beef Pilaf

with Tomatoes, Green Beans and Mango Chutney

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

13



Beef Mince



Red Onion



Green Beans



Medium Tomato



Garlic Clove



Basmati Rice



Ground Turmeric



Rogan Josh Curry Paste



Chilli Flakes



Beef Stock Paste



Coriander



Mango Chutney

Before you start

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

Cooking tools

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

Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Red Onion**	1	1	2
Green Beans**	80g	150g	150g
Medium Tomato	2	3	4
Garlic Clove**	2	3	4
Basmati Rice	150g	225g	300g
Ground Turmeric	1 sachet	1 sachet	1 sachet
Rogan Josh Curry Paste	1 sachet	1½ sachets	2 sachets
Chilli Flakes	1 pinch	2 pinches	2 pinches
Beef Stock Paste	10g	15g	20g
Water for the Beef*	50ml	75ml	100ml
Coriander**	1 bunch	1 bunch	1 bunch
Mango Chutney	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	420g	100g
Energy (kJ/kcal)	2960 /707	705 /168
Fat (g)	26	6
Sat. Fat (g)	9	2
Carbohydrate (g)	84	20
Sugars (g)	18	4
Protein (g)	34	8
Salt (g)	2.25	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

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

- Boil a full kettle.
- Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **beef mince** and cook 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 **red onion** into small pieces. Trim the **green beans** and chop into thirds. Cut the **tomato** into small 1cm pieces. Peel and grate the **garlic** (or use a garlic press).



Build the Sauce

- Add the **tomatoes**, **beef stock paste** and **water for the beef** (see ingredients 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

- When the kettle is boiling, pour the **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 **rice** pan and cook for the remaining time.
- Once cooked, drain the **rice** and **beans** in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Finish Up

- Roughly chop the **coriander** (stalks and all).
- Fold the **cooked rice** and **beans** gently through the **beef mixture** along with **half the coriander**. Season to taste if needed. **TIP:** 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**, **turmeric**, **rogan josh curry paste** and a small pinch of **chilli flakes**. **TIP:** Add less chilli if you don't like too much heat. Cook, stirring, for 1 min.



Serve

- Divide the **beef pilaf** between your bowls.
- Top with the remaining **coriander** and a generous dollop of **mango chutney**.

Enjoy!