



Beef and Potato Keema Naans with Mango Chutney and Garlic Yoghurt

Rapid 20 Minutes • Mild Spice

13



Baking Potato



Garlic Clove



Baby Gem Lettuce



Red Wine Vinegar



Beef Mince



Tomato Puree



North Indian
Style Spice Mix



Beef Stock Paste



Mango Chutney



Plain Naan



Low Fat Natural
Yoghurt

Pantry Items
Olive Oil

Before you start

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

Cooking tools

Saucepan, aluminum foil, garlic press, bowl, frying pan, kitchen scissors, colander and baking tray.

Ingredients

	2P	3P	4P
Baking Potato	1	2	2
Garlic Clove**	2	3	4
Baby Gem Lettuce**	1	2	2
Red Wine Vinegar 14)	1 sachet	2 sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Beef Mince**	240g	360g	480g
Tomato Puree	1 sachet	2 sachets	2 sachets
North Indian Style Spice Mix	2 sachets	2 sachets	4 sachets
Beef Stock Paste	10g	15g	20g
Water for the Sauce*	100ml	150ml	200ml
Mango Chutney	1 sachet	2 sachets	2 sachets
Plain Naan 7) 13)	2	4	4
Low Fat Natural Yoghurt** 7)	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	521g	100g
Energy (kJ/kcal)	3350/801	643/154
Fat (g)	26.9	5.2
Sat. Fat (g)	9.6	1.9
Carbohydrate (g)	95.8	18.4
Sugars (g)	19.3	3.7
Protein (g)	41.5	8.0
Salt (g)	2.24	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

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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Cook the Potato

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Bring a large saucepan of **water** to the boil with **½ tsp salt**.
- Peel and chop the **potato** into 1cm chunks.
- When boiling, add the **potato** to the pan of **water** and cook until you can easily slip a knife through, 10-15 mins.



Make the Keema

- When the **mince** is browned, stir in the **grated garlic**, **tomato puree** and **North Indian style spice mix**. Cook for 1 min.
- Stir in the **beef stock paste** and **water for the sauce** (see ingredients for amount). Bring to the boil, then simmer until thickened, 3-4 mins.
TIP: Add a splash of water if needed, but you don't want the mixture too wet or the naan will become soggy.
- When the **potatoes** are cooked, drain in a colander, then carefully add to the **beef**. Stir in the **mango chutney**. Season to taste.



Get Prepped

- Meanwhile, pop **1 garlic clove** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast in the oven until soft, 10-12 mins.
- Peel and grate the remaining **garlic** (or use a garlic press).
- Trim the **baby gem**, halve lengthways, then thinly slice widthways.
- In a medium bowl, mix together the **red wine vinegar** and **olive oil for the dressing** (see ingredients for amount). Season with **salt**, **pepper** and a pinch of **sugar** (if you have any), then set aside.



Finishing Touches

- Meanwhile, 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 **yoghurt** to a small bowl and stir in the **roasted garlic**. Season with **salt** and **pepper**, then set aside.
- Add the **baby gem** to the bowl of **dressing** and toss to coat.



Fry the Beef

- Heat a large frying pan on medium-high heat (no oil).
- Once the pan is hot, add the **beef mince** and cook 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. The mince is cooked when no longer pink in the middle.
- Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.



Serve

- Share the **naans** between your plates.
- Top with the **beef keema** and a handful of **salad**.
- Finish with a dollop of **garlic yoghurt**.

Enjoy!