

Beef and Potato Keema Tacos

with Golden Roasted Cauliflower, Tomato Raita and Mango Chutney

Street Food 45 Minutes • Mild Spice • 2 of your 5 a day









Cauliflower Florets



Turmeric





Red Onion









Garlic Clove

Coriander

Style Spice Mix







Tomato Puree





Beef Stock

Medium Tomato



Greek Yoghurt







Tortilla



Mango Chutney

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need: Baking Tray, Frying Pan, Bowl and Garlic Press.

Ingredients

	2P	3P	4P	
Potato**	1	11/2	2	
Cauliflower Florets**	300g	450g	600g	
Turmeric	1 sachet	1 sachet	2 sachets	
Beef Mince**	240g	360g	480g	
Red Onion**	1	1	2	
Garlic Clove**	1	2	2	
Coriander**	1 bunch	1 bunch	1 bunch	
North Indian Style Spice Mix	1 pot	1 pot	2 pots	
Tomato Puree	1 sachet	1½ sachets	2 sachets	
Water for the Sauce*	200ml	300ml	400ml	
Beef Stock Paste	10g	15g	20g	
Medium Tomato	2	3	4	
Greek Yoghurt** 7)	75g	120g	150g	
Lime**	1/2	1	1	
Tortilla 13)	6	9	12	
Mango Chutney	1 sachet	11/2 sachets	2 sachets	
*Not Included **Store in the Fridge				

Nutrition

	D	D 100
	Per serving	Per 100g
for uncooked ingredient	771g	100g
Energy (kJ/kcal)	3746 /895	486 /116
Fat (g)	32	4
Sat. Fat (g)	15	2
Carbohydrate (g)	109	14
Sugars (g)	26	3
Protein (g)	43	6
Salt (g)	2.18	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

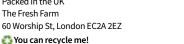
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Roast the Potato

Preheat your oven to 200°C. Chop the **potato** (no need to peel) into 1cm pieces - you want them small so they fit in your taco. Pop them onto one half of a large baking tray. Drizzle with oil, season with salt and pepper then toss to coat. Spread out in a single layer. When the oven is hot, roast on the top shelf until golden and tender, 20-22 mins.



Golden Cauli Time

Meanwhile, pop the cauliflower florets into a bowl and drizzle with oil. Season with salt and **pepper**, sprinkle over the **turmeric** and toss to coat. Once the potato has been in the oven for 5 mins, add the cauliflower to the other half of the tray and roast until golden, 15-20 mins. Turn both halfway through.



Start the Keema

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the minced beef and cook until browned, 4-5 mins, breaking it up with a spoon as it cooks. IMPORTANT: Wash your hands after handling raw mince. While the mince cooks, halve, peel and chop the red onion into small pieces. Peel and grate the garlic (or use a garlic press). Roughly chop the **coriander** (stalks and all). When the mince has browned, drain and discard any excess fat. Add the **onion** and cook until softened, 4-5 mins, stirring occasionally.



Simmer

Next, add the garlic, North Indian style spice mix and tomato puree. Mix together and cook for a further min. Then, add the beef stock paste and water for the sauce (see ingredients for amount), stirring to combine. Bring to a boil then lower the heat and simmer until the liquid has reduced, 8-10 mins, stirring occasionally. **IMPORTANT**: The mince is cooked when no longer pink in the middle.



Make the Tomato Raita

Meanwhile, chop the tomatoes into small chunks and pop into a bowl along with the Greek yoghurt. Halve the **lime** and squeeze some **juice** into the bowl. Season with salt and pepper then mix together. Taste and add more salt, pepper or lime iuice if needed. Set the tomato raita aside for now. When the **keema** has thickened, season to taste and stir through half the coriander.



Taco Time

When everything is ready, pop the tortillas into the oven to warm through, 1-2 mins. Lay out 3 tortillas on each person's plate. Spoon the beef keema down the middle. Top with the roasted potato and golden cauliflower. Spoon over the tomato raita and finish each taco with a dollop of mango chutney. Sprinkle over the remaining coriander to garnish. Cut any remaining lime into wedges and serve alongside for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.