



Beef Kofta Curry

with Sag Aloo

CLASSIC 45 Minutes • Little Heat • 1 of your 5 a day

N° 2



Red Onion



Garlic Clove



Potato



Coriander



Lime



Beef Mince



Cumin



Turmeric



Mustard Seeds



Chicken Stock Powder



Rogan Josh Paste



Tomato Purée



Coconut Milk



Baby Spinach

Before you start

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

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Large Saucepan (with a Lid), Measuring Jug, Mixing Bowl and Frying Pan.

Ingredients

| | 2P | 3P | 4P |
|-----------------------|--------------|--------------|---------------|
| Red Onion** | 1 | 2 | 2 |
| Garlic Clove** | 1 | 2 | 2 |
| Potato** | 1 small pack | 1 large pack | 2 small packs |
| Coriander** | ½ bunch | ¾ bunch | 1 bunch |
| Lime** | ½ | 1 | 1 |
| Beef Mince** | 240g | 360g | 480g |
| Cumin | 1 small pot | ¾ large pot | 1 large pot |
| Turmeric | 1 pot | 1 pot | 1 pot |
| Mustard Seeds 9) | 1 small pot | 1 small pot | 1 large pot |
| Water for the Potato* | 150ml | 225ml | 300ml |
| Chicken Stock Powder | 1 sachet | 1½ sachets | 2 sachets |
| Rogan Josh Paste | 1 sachet | 1½ sachets | 2 sachets |
| Tomato Purée | 1 sachet | 1½ sachets | 2 sachets |
| Coconut Milk | 200ml | 300ml | 400ml |
| Water for the Curry* | 2 tbsp | 3 tbsp | 4 tbsp |
| Baby Spinach** | 1 small bag | 1 small bag | 1 large bag |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 643g | 100g |
| Energy (kJ/kcal) | 3134 /749 | 487 /116 |
| Fat (g) | 43 | 7 |
| Sat. Fat (g) | 25 | 4 |
| Carbohydrate (g) | 57 | 9 |
| Sugars (g) | 10 | 2 |
| Protein (g) | 35 | 5 |
| Salt (g) | 2.24 | 0.35 |

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Prep time!

Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Chop the **potato** into 2cm chunks (no need to peel!) Roughly chop the **coriander** (stalks and all). Halve the **lime**. Heat a splash of **oil** in a large saucepan on medium heat. When hot, add the **onion** and cook, stirring frequently until soft, 5-6 mins. Add the **garlic** and cook for 1 minute more. Take out **half** of this **mixture**, set aside in a bowl.



4. Cook the Curry

Take the **koftas** out of the pan and set aside. Add the reserved **onion mix** to the same pan (no need to wash!) along with the **rogan josh paste** and **tomato purée**. Stir together and cook on medium-low heat for 30 seconds before adding the **coconut milk** and **water** for the curry (see ingredients for amount). Stir in the remaining **stock powder** and a pinch of **sugar** (if you have any), add the **koftas** and cover with a lid (or some foil) and simmer for 8-10 mins. Remove the lid and simmer for another 3-4 mins. You want the **sauce** to reduce slightly. **IMPORTANT: The koftas are cooked when no longer pink in the middle.**



2. Fry the Koftas

Meanwhile, put the **beef mince** in a bowl, season with a pinch of **salt** and **pepper**. Add **half** the **coriander** and mix together. Shape the **mixture** into four balls per person. **IMPORTANT: Remember to wash your hands after handling raw meat!** Heat a splash of **oil** in a frying pan on medium-high heat and fry the **koftas** until golden brown all over, 5-6 mins, turning occasionally.



5. Finish the Sag Aloo

When the **potato** is cooked, remove the lid and allow the **mixture** to bubble away for a few minutes more, until the **liquid** has almost gone, stirring frequently to ensure it doesn't burn. Add the **baby spinach** a handful at a time, carefully stirring through the **potatoes** until wilted, 2-3 mins. This is your **sag aloo!**



3. Start the Sag Aloo

While the **koftas** are frying, add the **cumin**, **turmeric** and **mustard seeds** (see ingredients for amount) to the saucepan with the **onion** and cook, stirring, for 30 seconds. Add the **potatoes**, **water** (see ingredients for amount) and **half** the **stock powder**. Bring to the boil, stirring to dissolve the **stock powder**. Cover with a lid, turn the heat to low and simmer, stirring occasionally, until the **potato** is just cooked, 15-20 mins. **TIP: The potato is cooked when you can easily slip a knife through.**



6. Serve!

When the **kofta curry** has reduced slightly, squeeze in a little **lime juice** and stir through. Serve the **beef kofta curry** sprinkled with the remaining **coriander** and the **sag aloo** on the side.

Enjoy!