



DINNER - CURRIED BEEF & CHICKPEA NAAN

LUNCH - SPICED BEEF KOFTA AND JEWELLED COUSCOUS SALAD

DINNER SOLVED
HELLO LUNCH!

Yummy dinner, delicious lunch all in one shot, well done you!

DINNER



LUNCH



Onion



Garlic Clove



Baby Plum Tomatoes



Mint



Lemon



Chickpeas



Beef Mince



North Indian Curry Powder



Couscous



Turmeric



Raisins



Chicken Stock Powder



Garlic and Coriander Naan



Baby Spinach



Desiccated coconut



Natural Yoghurt



Carrot



Flaked Almonds

DINNER TO LUNCH

Transform dinner into a tasty new lunch!

DINNER: 45 mins **LUNCH: 5mins**

Medium heat

A sweet, fragrant and garlicky dish, our curried beef and chickpea naan is an easy midweek dish that delivers on taste. Browned beef is combined with pan-fried onion and tomato with curry powder and turmeric to deliver a pungent flavour and taste. Chickpeas are a great addition because they're good at absorbing strong flavours. Sprinkle some raisins into the mixture for an element of sweetness, and, once the mixture is ready, stir in spinach and finish with desiccated coconut. Serve with garlic naan for one seriously delish dish!

BEFORE YOU START

🔥 Preheat your oven to 200°C. 🧼 Wash the Veggies. 🍴 Make sure you've got a **Fine Grater, Sieve, Mixing Bowl, Measuring Jug**, some **Clingfilm**, two **Frying Pans**, a **Baking Tray** and **Coarse Grater**. Now, let's get cooking your **Dinner** and **Lunch!**



1 DO THE PREP

Preheat your oven to 200°C. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic**. Halve the **tomatoes**. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Zest the **lemon** then chop into wedges. Drain and rinse the **chickpeas** in a sieve. Pop **120g of beef mince**, **half the mint** and **1tsp of curry powder** into a mixing bowl. Mix together and set aside. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



2 GET COOKING

Fill and boil your kettle. Put the **couscous** in a large bowl with the **lemon zest**, remaining mint, one-quarter of a tsp of **turmeric** and a pinch of **salt** and **pepper**. Mix well. Pour the boiling **water** for the couscous (see ingredients for amount) into the bowl, cover tightly with clingfilm and leave to one side for 10 mins. Heat a drizzle of **oil** in a frying pan over medium-high heat. Once hot, add the rest of the **beef** and fry until browned, 4-5 mins.



3 SIMMER THE CURRY

Lower the heat to medium then add the **onion** and **half the tomatoes**. Cook until the **onion** is soft, 4-5 mins then add the **garlic**, remaining **turmeric** and **curry powder**. Cook for 1 minute, then add the **chickpeas**, **half the raisins**, the **stock powder** and **water** for the curry (see ingredients for amount). Stir, bring to the boil, lower the heat and simmer until the **water** has almost completely gone, 10-12 mins. Stir occasionally.



4 MAKE THE KOFTAS

Meanwhile, season the **beef mixture** in the bowl with salt and pepper, shape into four small balls, then gently flatten to form the **koftas**. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Heat a splash of oil in another frying pan over high heat. Once hot, add the **koftas** to the pan and cook until browned, 2 mins on each side. Transfer to a baking tray and roast for a further 5-6 mins. **! IMPORTANT:** The koftas are cooked when no longer pink in the middle!



5 FINISH AND SERVE

After a few of mins, add the **naans** to the tray to warm through for 2-3 mins. Keep a small handful of spinach behind for your lunch and stir the rest into the **curry** until wilted. Remove from the heat. Once the **naans** are warm and **koftas** cooked, remove the tray from the oven. Put the **koftas** to one side and pop the **naans** onto plates and serve the **curried beef** on top. Sprinkle the **desiccated coconut** over and serve with a **lemon wedge** and drizzle of **yogurt**. **Enjoy!**



6 PREP YOUR LUNCH

Trim and grate the **carrot** and roughly chop the remaining **spinach**. Fluff up the **couscous** with a fork and stir through the **carrot**, **spinach**, remaining **tomatoes** and **raisins** and the **flaked almonds**. Squeeze in some **lemon juice** and drizzle over a glug of **olive oil**. Season with **salt** and **pepper** and mix well. Transfer to your lunch boxes and pop the **koftas** on top. Cover and refrigerate to eat for lunch tomorrow. Remember to serve with the leftover **yogurt!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Onion	1	1½	2
Garlic Clove	1	2	2
Baby Plum Tomatoes	1 punnet	1 punnet	2 punnets
Mint	1 bunch	1 bunch	1 bunch
Lemon	1	1½	2
Chickpeas	1 carton	1½ cartons	2 cartons
Beef Mince	360g	480g	600g
North Indian Curry Powder	1 pot	1 pot	1½ pot
Couscous 13)	120g	120g	120g
Tumeric	1 pot	1½ pots	2 pots
Water	240ml	240ml	240ml
Raisins	2 bags	3 bags	3 bags
Chicken Stock Powder	1 sachet	1½ sachet	2 sachet
Water for the Curry*	250ml	250ml	250ml
Garlic and Coriander Naan 7) 13)	2	3	4
Baby Spinach	1 bag	¾ bag	1 bag
Desiccated Coconut	½ bag	¾ bag	1 bag
Natural Yoghurt	1 pouch	1 pouch	2 pouches
Carrot	1	1	1
Flaked Almonds 2)	1 bag	1 bag	1 bag

*Not Included * Store in the Fridge

ALLERGENS

2) Nut 7) Milk 13) Gluten

NUTRITION FOR UNCOOKED INGREDIENTS

DINNER	PER SERVING: 621G	PER 100G
Energy (KJ/kcal)	3476/ 830	559/ 134
Fat (g)	30	5
Sat. Fat (g)	12	2
Carbohydrate (g)	91	15
Sugars (g)	29	5
Protein (g)	44	7
Salt (g)	2.23	0.36
LUNCH	PER SERVING: 364G	PER 100G
Energy (KJ/kcal)	2405/ 570	660/ 157
Fat (g)	15	4
Sat. Fat (g)	5	1
Carbohydrate (g)	80	22
Sugars (g)	26	7
Protein (g)	27	7
Salt (g)	0.20	0.06

Nutrition for uncooked ingredients based on 2 person recipe.

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



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