













# Keema Style Beef

with Spinach, Mango Chutney and Fluffy Rice



**Family** Hands On Time: 15 Minutes • Total Time: 35 Minutes • Little Spice • 1 of your 5 a day



-  Onion
-  Garlic Clove
-  Beef Mince
-  Basmati Rice
-  Tomato Puree
-  Rogan Josh Paste
-  Red Split Lentils
-  Beef Stock Paste
-  Baby Spinach
-  Mango Chutney

## Before you start

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

## Cooking tools, you will need:

Frying Pan, Wooden Spoon, Garlic Press, Measuring Jug, Saucepan, Bowl.

## Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove	2	3	4
Beef Mince**	240g	360g	480g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Tomato Puree	1 sachet	2 sachets	2 sachets
Rogan Josh Paste	1 sachet	2 sachets	2 sachets
Water for the Sauce*	350ml	500ml	700ml
Red Split Lentils	50g	100g	100g
Beef Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g
Mango Chutney	1 sachet	2 sachets	2 sachets

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>394g</b>	<b>100g</b>
Energy (kJ/kcal)	3272 / 782	832 / 199
Fat (g)	25	6
Sat. Fat (g)	9	2
Carbohydrate (g)	96	24
Sugars (g)	19	5
Protein (g)	42	11
Salt (g)	2.33	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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, Soy, Gluten & Sulphites.

## Contact

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HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Get Prepped

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a frying pan on high heat. When the **oil** is hot, add the **beef mince** and cook until browned, 5-6 mins. Use a wooden spoon to break it up as it cooks. **TIP: Drain off any excess fat if necessary. IMPORTANT: Wash your hands after handling raw meat.**



## Cook the Rice

Meanwhile, pour the **water** for the **rice** (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Cook the Onion

Once the **beef** is browned, add the **onion** to the pan, stir together and cook until softened, 4-5 mins, stirring occasionally. Add the **garlic**, **tomato puree** and **rogan josh curry paste**, stir together and cook for 1 min.



## Simmer

Pour in the **water** for the **sauce** (see ingredients for amount), **red split lentils** and **beef stock paste**. Season with **salt** and **pepper**, bring to the boil, then turn the heat down to medium and simmer until the **lentils** are tender, 20-25 mins. Stir every few minutes to ensure the **lentils** are not sticking to the bottom of the pan. **IMPORTANT: The mince is cooked when it's no longer pink in the middle.**



## Finish Off

Once the **lentils** are tender, add the **spinach** to the **curry** in handfuls and cook until wilted and piping hot, 2-3 mins. Stir in the **mango chutney**. **TIP: Add a splash of water if it's a little dry.** Taste and add **salt** and **pepper** if you feel it needs it.



## Serve

Fluff up the **rice** with a fork and spoon into bowls. Top with the **curry**.

## 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.