



# Keema-Style Beef, Spinach and Mango Chutney Curry with Fluffy Rice

Classic 35 Minutes • 1 of your 5 a day

10



Onion



Garlic Clove



Beef Mince



Basmati Rice



Tomato Purée



Rogan Josh Paste



Red Split Lentils



Beef Stock Powder



Baby Spinach



Mango Chutney



Extra Mince



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!



## Before you start

### Cooking tools, you will need:

Fine Grater (or Garlic Press), Frying Pan, Measuring Jug and Saucepan.

### Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Beef Mince**	240g	360g	480g
Extra Beef Mince**	360g	480g	720g
Water for the Rice	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Tomato Purée	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 Powder	1 sachet	2 sachets	2 sachets
Baby Spinach**	1 small bag	1 large bag	2 small bags
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>410g</b>	<b>100g</b>
Energy (kJ/kcal)	3255/778	795/190
Fat (g)	25	6
Sat. Fat (g)	8	2
Carbohydrate (g)	98	24
Sugars (g)	21	5
Protein (g)	40	10
Salt (g)	2.01	0.49
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
<b>for uncooked ingredient</b>	<b>590g</b>	<b>100g</b>
Energy (kJ/kcal)	4941/1181	838/200
Fat (g)	54	9
Sat. Fat (g)	21	4
Carbohydrate (g)	98	17
Sugars (g)	21	4
Protein (g)	75	13
Salt (g)	2.26	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

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.

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### Get Started

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: The mince is cooked when it is no longer pink in the middle.**

**CUSTOM RECIPE**

If you've chosen to get extra **beef mince**, just follow the recipe as instructed.



### 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.



### Start the Sauce

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 purée** and **rogan josh curry paste**, stir together and cook for another minute.



### Simmer!

Pour in the **water** (see ingredients for amount), **red split lentils** and **beef stock powder**. 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 so that the **lentils** don't stick to the bottom of the pan.



### 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!