



# Minced Beef and Pea Keema Curry with Cashews and Garlicky Naan

**Rapid** 20 Minutes • Little Spice • 2 of your 5 a day

13



Onion



Beef Mince



Coriander



Garlic Clove



North Indian  
Style Spice Mix



Tomato Passata



Beef Stock Powder



Cashew Nuts



Naan



Peas

## 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, Bowl, Baking Tray.

## Ingredients

	2P	3P	4P
Onion**	1	1	2
Beef Mince**	240g	360g	480g
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	2	3
North Indian Style Spice Mix	2 pots	3 pots	4 pots
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Powder	1 sachet	2 sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Cashew Nuts 2)	25g	40g	40g
Oil for the Bread*	2 tbsp	2 tbsp	3 tbsp
Naan 7) 11) 13)	2	3	4
Peas**	120g	180g	240g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	479g	100g
Energy (kJ/kcal)	3384 / 809	706 / 169
Fat (g)	36	8
Sat. Fat (g)	11	2
Carbohydrate (g)	75	16
Sugars (g)	14	3
Protein (g)	42	9
Salt (g)	2.14	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

2) Nut 7) Milk 11) Soya 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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## Fry Time

- Preheat your oven to 200°C.
- Halve, peel and chop the **onion** into small pieces.
- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- When hot, add the **beef mince** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks. Drain and discard any excess fat, then season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



## Toast the Cashews

- In the meantime, heat another small frying pan on medium heat (no **oil**).
- Once hot, add the **cashews** and dry-fry, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily. Once toasted, transfer the **nuts** to a bowl and set aside.



## Finish the Prep

- Once the **mince** has browned, add the **onion** to the pan and cook until softened, 4-5 mins. Stir occasionally.
- While it cooks, roughly chop the **coriander** (stalks and all).
- Peel and grate the **garlic** (or use a **garlic** press).



## Finish Off

- In a small bowl, mix together the remaining **garlic** and the **olive oil for the bread** (see ingredients for amount).
- Pop the **naans** onto a baking tray, drizzle over the **garlic oil** and put the tray onto the top shelf of your oven to warm through, 3-4 mins.
- Once the **curry** has thickened, stir in the **peas** and **half the coriander**. Simmer for a further 1-2 mins, then take off the heat.
- Taste and add more **salt** and **pepper** if needed. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Simmer

- Once the **onion** has softened, lower the heat to medium, add the **North Indian style spice mix** and **half the garlic**.
- Stir-fry until fragrant, 1 min. Then add the **passata**, **beef stock powder** and **water** (see ingredients for amount). Stir to combine.
- Bring up to the boil, then reduce the heat if necessary and simmer until the **sauce** has thickened, 5-6 mins.



## Serve

- When everything is ready, divide the **minced beef and pea keema curry** between your serving bowls.
- Scatter over the remaining **coriander** and the **cashews**.
- Cut the **garlicky naans** in half and serve them alongside for scooping.

## Enjoy!