



TURKISH STYLE BEEF KEEMA

with Fragrant Rice and Minty Yoghurt



HELLO MINT

Mint comes in over 30 varieties. The common garden mint is actually Spearmint.



Echalion Shallot



Carrot



Cinnamon Stick



Chicken Stock Powder



Basmati Rice



Beef Mince



Ground Coriander



Smoked Paprika



Ground Cumin



Chopped Tomatoes



Mint



Greek Yoghurt



Baby Spinach

MEAL BAG

40 mins

2.5 of your 5 a day

Medium heat

Cook within 2 Days of Delivery

Ground coriander, cumin and paprika are what gives this Turkish-style keema (ground beef mince) its fragrant spiciness and delicious taste. The spiced beef mince is combined with shallots, grated carrot, spinach and chopped tomatoes and simmered on a low heat until thick and saucy. Served on a bed of cinnamon-infused rice with dollops of cooling minty yoghurt, this healthy recipe is the perfect thing for an easy mid-week dinner.



BEFORE YOU START

Our fruit and veggies may need a **little wash** before you use them! Make sure you have **Coarse Grater, Measuring Jug, Large Saucepan** (with a **Lid**) and **Frying Pan**. Now, let's get cooking!



1 PREP THE VEGGIES

Halve, peel and thinly slice the **shallot**. Trim the **carrot** (no need to peel). Grate the **carrot** on the coarse side of your grater.



2 COOK THE RICE

Bring the **water** (see ingredients for amount) to the boil in a large saucepan over high heat. Once boiling, add the **cinnamon stick** and **half** the **stock powder**. Stir to dissolve the **stock powder**. Add the **rice** and pop a lid on the pan. Lower the heat to medium. 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).



3 START THE BEEF

Meanwhile, heat a glug of **oil** in a frying pan over high heat. Add the **beef mince** and cook until browned, 5-6 mins. Break up with a wooden spoon whilst cooking. Drain off any excess fat and then add the **shallot, carrot, ground coriander, smoked paprika** and **ground cumin** and stir. Reduce the heat and cook until the **veggies** have softened, 3-4 mins.



4 FINISH THE BEEF

Stir in the **chopped tomatoes** and the **water** (see ingredients for amount). Bring to the boil and add the remaining **stock powder**, stir to dissolve. Lower the heat so the **sauce** is gently bubbling away. Cook until the **sauce** has thickened and reduced by half, 15-20 mins. Stir in the **spinach** one handful at a time until wilted. **! IMPORTANT: The mince is cooked when it is no longer pink in the middle.**



5 MAKE THE MINTY YOGHURT

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Mix **half** the **mint** with the **Greek yoghurt**.



6 SERVE

Remove the **cinnamon stick** from the **rice** and fluff it up with a fork. Share between your bowls. Add some **salt** and **pepper** to the **beef keema** to taste if necessary. Spoon it over the **rice** and finish with the **minty yoghurt** and a sprinkling of remaining **mint leaves**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

| | 2P | 3P | 4P |
|----------------------|-------------|-------------|-------------|
| Echalion Shallot * | 1 | 2 | 2 |
| Carrot * | 1 | 1 | 2 |
| Cinnamon Stick | 1 | 1 | 2 |
| Chicken Stock Powder | 1 | 1½ | 2 |
| Basmati Rice | 150g | 225g | 300g |
| Water for the Rice* | 300ml | 450ml | 600ml |
| Beef Mince * | 240g | 360g | 480g |
| Ground Coriander * | 1 small pot | ¾ large pot | 1 large pot |
| Smoked Paprika | 1 small pot | ¾ large pot | 1 large pot |
| Ground Cumin | 1 small pot | ¾ large pot | 1 large pot |
| Chopped Tomatoes | 1 carton | 1½ cartons | 2 cartons |
| Mint * | 1 bunch | 1 bunch | 1 bunch |
| Greek Yoghurt 7) * | 1 pouch | 1 pouch | 2 pouches |
| Baby Spinach * | 1 bag | 1½ bags | 2 bags |
| Water for the Beef* | 200ml | 300ml | 400ml |

*Not Included

* Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 629G | PER 100G |
|-----------------------------------|------------------|-----------|
| Energy (kJ/kcal) | 2994 / 716 | 476 / 114 |
| Fat (g) | 27 | 4 |
| Sat. Fat (g) | 12 | 2 |
| Carbohydrate (g) | 81 | 13 |
| Sugars (g) | 16 | 3 |
| Protein (g) | 37 | 6 |
| Salt (g) | 1.80 | 0.29 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

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.

THUMBS UP OR THUMBS DOWN?

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