



# Spiced Beef Kheema

with cucumber salad and warm brioche

Family 20-25 mins • Eat me first

5



Brioche Buns



Beef Mince



Onion



Lime



Garam Masala



North Indian  
Style Spice Mix



Chives



Cucumber



Bell Pepper



Chopped Tomato with  
Onion & Garlic

Pantry Items: Oil, Salt, Pepper, Butter, Sugar, Water

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Pot with lid

## Ingredients

	2P	4P
Brioche Buns	2 units	4 units
Beef Mince	250 g	500 g
Onion	1 unit	2 units
Lime	1 unit	2 units
Garam Masala	1 sachet	2 sachets
North Indian Style Spice Mix	1 sachet	2 sachets
Chives	5 g	10 g
Cucumber	1 unit	2 units
Bell Pepper	1 unit	2 units
Chopped Tomato with Onion & Garlic	1 pack	2 packs

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>715 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2646 kJ/ 632 kcal	370 kJ/ 885 kcal
Fat (g)	25.6 g	4 g
Sat. Fat (g)	9.6 g	1.5 g
Carbohydrate (g)	64.4 g	9.2 g
Sugars (g)	24.9 g	3.3 g
Protein (g)	36 g	5.2 g
Salt (g)	2.6 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

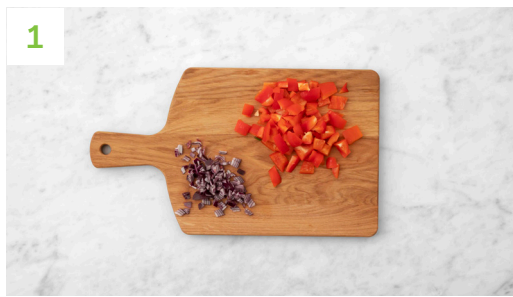
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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### Prep the Veg

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and chop the **onion** into small pieces.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips, then chop into 1cm pieces.



### Make the Salad

- Meanwhile, roughly chop the **chives**.
- Trim the **cucumber**, then quarter lengthways. Chop widthways into small pieces.
- Cut the **lime** into quarters.
- Mix the **cucumber** with **half** the sliced **chives** and juice from **half** the **lime** wedges.
- Season to taste with **salt** and **pepper**.



### Cook the Mince

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **beef mince** with the **onion** and **pepper** until browned, 5-6 mins. Use a spoon to break up the **beef** as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Season with **salt** and **pepper**.



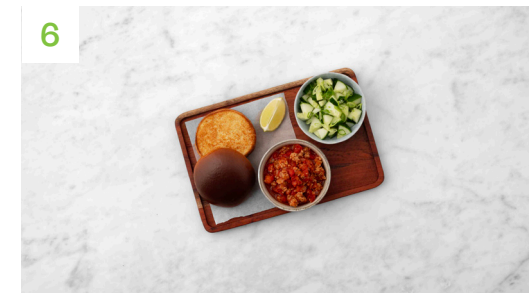
### Warm the Buns

- Pop the **buns**, cut-side up, onto a baking tray.
- Spread 1 tbsp **butter** (double for 4p) between the **buns**.
- Bake in the oven until **butter** is melted and **buns** are warmed through, 2-3 mins.



### Spice the Beef

- Add the **North Indian spice mix** and **garam masala** to the **beef** and cook until fragrant, continuously stirring, 1 min.
- Add the **chopped tomatoes** and ½ tsp **sugar** (double for 4p) and bring to the boil.
- Cover and simmer for 8-10 mins.
- Season to taste with **salt** and **pepper**. Add a splash of **water** if you feel the mixture has become too dry.



### Finish and Serve

- Divide the **beef** kheema between plates.
- Serve the **cucumber** salad and warmed **buns** alongside.
- Top with a sprinkling of **chives**.
- Serve with remaining **lime** wedges for squeezing over.

Enjoy!