



Spiced Beef Kheema

with cucumber salsa and warm naan

Family Quick Cook 20-25 mins

6



Beef Mince



Onion



Lime



Garam Masala



North Indian Style Spice Mix



Scallion



Cucumber



Bell Pepper



Chopped Tomato with Onion & Garlic



Naan

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



Rate your recipe!

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
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
Scallion	1 unit	2 units
Cucumber	1 unit	2 units
Bell Pepper	1 unit	2 units
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Naan	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	780 g	100 g
Energy (kJ/kcal)	3192 kJ/ 763 kcal	409 kJ/ 98 kcal
Fat (g)	24.5 g	3.1 g
Sat. Fat (g)	9.5 g	1.2 g
Carbohydrate (g)	94.7 g	12.1 g
Sugars (g)	24.1 g	3.1 g
Protein (g)	44.1 g	5.6 g
Salt (g)	3.7 g	0.5 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.

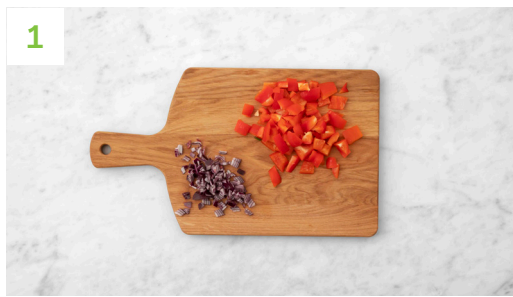
Contact

Share your creations with #HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

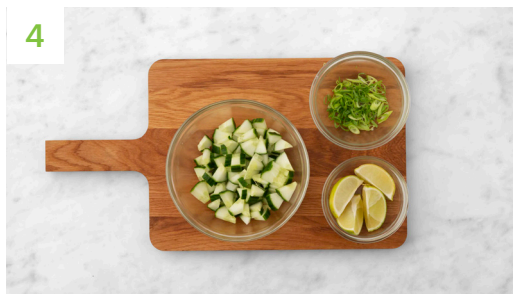


You can recycle me!



1 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.



4 Make the Salsa

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



2 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**.



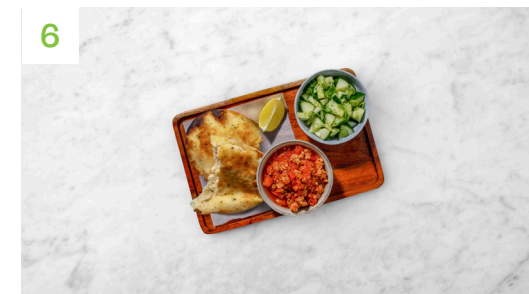
5 Warm the Naan

- Place **naans** onto a baking tray and sprinkle with a little **water**.
- Pop into the oven to warm through, 2-3 mins.



3 Spice the Beef

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



6 Finish and Serve

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

Enjoy!