



# Beef and Potato Kheema Naans

with North Indian spices and garlic yoghurt

Quick Cook 20-25 mins • Spicy

15



Beef Mince



Potatoes



Salad Leaves



North Indian Style Spice Mix



Yoghurt



Garlic



Apple Cider Vinegar



Beef Stock



Naan



Sweet Chilli Sauce



Tomato



Rogan Josh Curry Paste

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



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

Aluminium foil, colander, grater

## Ingredients

	2P	4P
Beef Mince	250 g	500 g
Potatoes	2 units	4 units
Salad Leaves	120 g	240 g
North Indian Style Spice Mix	2 sachets	4 sachets
Yoghurt	75 g	150 g
Garlic	2 units	4 units
Apple Cider Vinegar	1 sachet	2 sachets
Beef Stock	1 sachet	2 sachets
Naan	2 units	4 units
Sweet Chilli Sauce	1 sachet	2 sachets
Tomato	1 unit	2 units
Rogan Josh Curry Paste	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	636 g	100 g
Energy (kJ/kcal)	3794.9 kJ/ 907 kcal	596.7 kJ/ 142.6 kcal
Fat (g)	29.5 g	4.6 g
Sat. Fat (g)	11.2 g	1.8 g
Carbohydrate (g)	116.8 g	18.4 g
Sugars (g)	16.2 g	2.5 g
Protein (g)	45 g	7.1 g
Salt (g)	5 g	0.8 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.

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### Boil the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water**.
- Chop the **potatoes** into 1cm chunks (peeling optional).
- When boiling, add the **potatoes** to the **water** and cook until fork tender, 10-15 mins—take care not to overcook!
- Once cooked, drain in a colander.

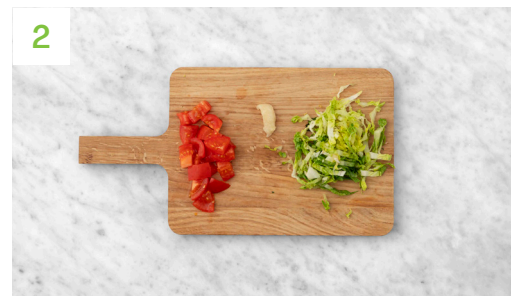
**TIP:** *If you're in a hurry you can boil the water in your kettle.*



### Simmer the Beef

- Stir the **stock powder** and 100ml **water** (double for 4p) into the pan.
- Bring to the boil, then simmer until thickened, 3-4 mins.
- Carefully add the cooked **potato** to the **beef**.
- Stir in a knob of **butter** and the **sweet chilli sauce**.
- Season to taste with **salt** and **pepper**. Add a splash of **water** if the **mince** becomes too dry.

**TIP:** *You don't want the mixture too wet or the naan will become soggy.*



### Make the Dressing

- Meanwhile, peel **half** the **garlic**, pop into a small piece of foil with a drizzle of **oil** and scrunch to enclose. Roast in the oven for 10-15 mins.
- Peel and grate the remaining **garlic** (or use a garlic press).
- Cut the **tomato** into 2cm chunks.
- Trim the **salad leaves**, halve lengthways, then thinly slice widthways.
- In a salad bowl, mix the **vinegar**, ¼ tsp **sugar** and 1 tbsp **oil** (double both for 4p). Season with **salt** and **pepper** then set aside.



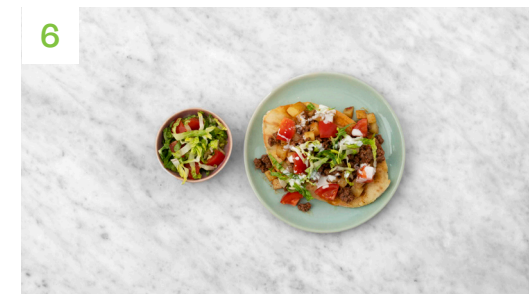
### Warm the Naans

- Meanwhile, pop the **naans** into the oven to bake until toasted and golden, 2-3 mins.
- Remove the roasted **garlic** from the oven and mash with a fork.
- Add the **yoghurt** to a small bowl and stir in the roasted **garlic**. Season with **salt** and **pepper**, then set aside.
- Add the **salad leaves** to the bowl with the dressing and toss to coat.



### Fry the Mince

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **beef mince** until browned, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Season to taste with **salt** and **pepper**. Break it up with a spoon as it cooks.
- When the **mince** is browned, add the grated **garlic**, **rogan josh paste** and **North Indian spice mix**.
- Cook until fragrant, stirring frequently, 1 min.



### Finish and Serve

- Share the **naans** between plates.
- Top each **naan** with the **beef kheema** and a handful of **salad leaves**.
- Scatter over the chopped **tomato**.
- Finish with a drizzle of **garlic yoghurt**.
- Serve any remaining salad alongside.

Enjoy!