



Spiced Beef Kheema

with rice and naan

Family Quick Cook 20 – 25 mins

23



Beef Mince



Garam Masala



North Indian Style Spice Mix



Scallion



Bell Pepper



Chopped Tomato with Onion & Garlic



Naan



Rice



Cranberry Chutney



Beef Stock

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



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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

Pan with lid, pot with lid

Ingredients

	2P	4P
Beef Mince	240 g	480 g
Garam Masala	1 sachet	2 sachets
North Indian Style Spice Mix	1 sachet	2 sachets
Scallion	1 unit	2 units
Bell Pepper	1 unit	2 units
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Naan	2 units	4 units
Rice	150 g	300 g
Cranberry Chutney	1 sachet	2 sachets
Beef Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	644 g	100 g
Energy (kJ/kcal)	4175.6 kJ/ 998 kcal	648.4 kJ/ 155 kcal
Fat (g)	24.9 g	3.9 g
Sat. Fat (g)	9 g	1.4 g
Carbohydrate (g)	144.2 g	22.4 g
Sugars (g)	21.4 g	3.3 g
Protein (g)	45.1 g	7 g
Salt (g)	4.1 g	0.6 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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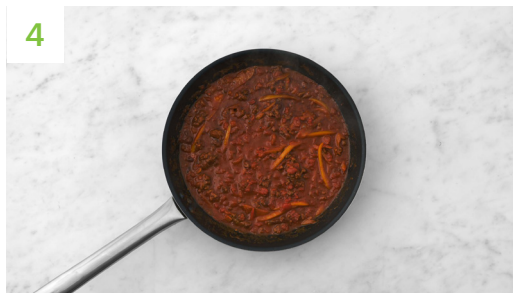


You can recycle me!



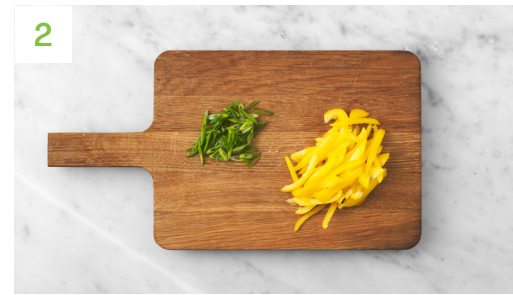
Cook the Rice

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Remove from the heat. Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Spice the Beef

- Add the **chopped tomatoes, stock powder** and **cranberry chutney** to the **beef**.
- Cover and simmer for 5-6 mins.
- Add a splash of **water** if you feel the **mince** has become too dry.
- Season to taste with **salt** and **pepper**.
- Once cooked, remove from the heat and stir through a knob of **butter**.



Prep the Veg

- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Trim and thinly slice the **scallion**.



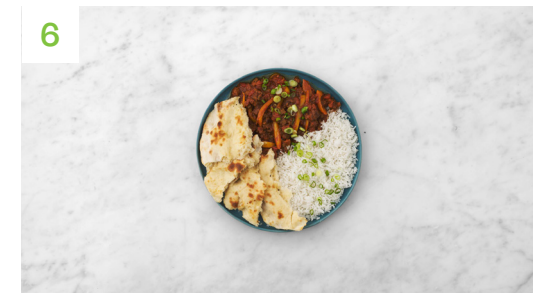
Warm the Naan

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



Brown the Mince

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **beef mince** with the **pepper** until browned, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Use a spoon to break up the **beef** as it cooks. Season with **salt** and **pepper**.
- Add the **North Indian spice mix** and **garam masala** and cook until fragrant, stirring continuously, 1 min.



Finish and Serve

- Divide the spiced **beef** between plates.
- Serve with the **rice** and warm **naan** alongside.
- Top with a sprinkling of **scallion**.

Enjoy!