



# Spiced Beef Kheema

with rice and naan

20 – 25 mins

23



Irish Beef Mince



Garam Masala



North Indian Style Spice Mix



Scallion



Bell Pepper



Chopped Tomato with Onion & Garlic



Naan



Rice



Stock



Mango Chutney

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



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2025-W01



## 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.

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

## Cooking tools you will need

Pan with lid, pot with lid

## Ingredients

	2P	4P
Irish 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
Stock	1 sachet	2 sachets
Mango Chutney	1 sachet	2 sachets

## Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	668 kJ/ 159.7 kcal
Fat (g)	3.9 g
Sat. Fat (g)	1.4 g
Carbohydrate (g)	23.5 g
Sugars (g)	4.5 g
Protein (g)	7 g
Salt (g)	0.7 g

See site or app for detailed nutritional info.

## Allergens

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

## Contact

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

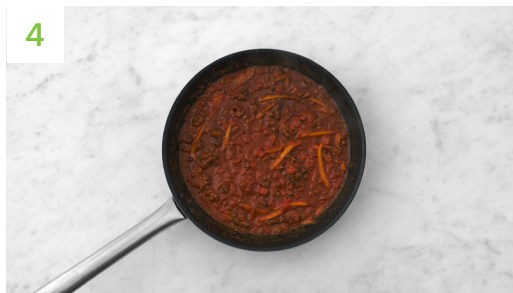


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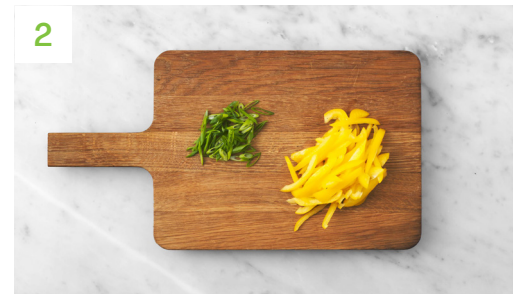
### Cook the Rice

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Pour 300ml cold **salted water** (per 2P) 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** and **stock** 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 the **mango chutney** and 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**.



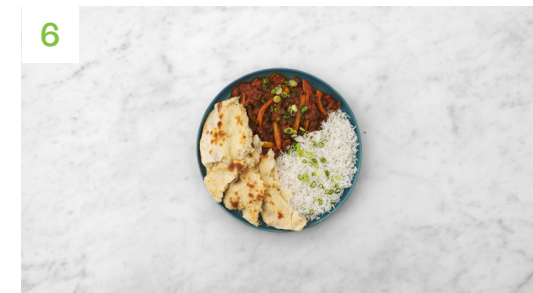
### Warm the Naan

- 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!