



Beef and Potato Keema

with Naan and Baby Gem Salad

Rapid 20 Minutes • Medium Spice

10



Baking Potato



Garlic



Baby Gem Lettuce



Spring Onion



Red Wine Vinegar



Beef Mince



Natural Yoghurt



Nigella Seeds



Tomato Purée



North Indian Style Curry Powder



Beef Stock Powder



Naan

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Peeler, Chopping Board, Fine Grater (or Garlic Press), Two Bowls, Frying Pan and Colander.

Ingredients

	2P	3P	4P
Baking Potato**	1	1½	2
Garlic**	2 cloves	3 cloves	4 cloves
Baby Gem Lettuce**	1	2	2
Spring Onion**	1	2	2
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Beef Mince**	240g	360g	480g
Natural Yoghurt 7)**	75g	100g	150g
Nigella Seeds	1 small pot	1 large pot	1 large pot
Tomato Purée	1 sachet	1½ sachets	2 sachets
North Indian Style Curry Powder	1 small pot	1 large pot	1 large pot
Reserved Potato Water for the Sauce*	100ml	150ml	200ml
Beef Stock Powder Naan 7) 13)	1 sachet 2	2 sachets 3	2 sachets 4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	561g	100g
Energy (kJ/kcal)	3333 / 797	594 / 142
Fat (g)	27	5
Sat. Fat (g)	9	2
Carbohydrate (g)	97	17
Sugars (g)	11	2
Protein (g)	40	7
Salt (g)	1.69	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya,

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Cook the Potato

- Preheat your oven to 200°C.
- Bring a large saucepan of **water** to the boil with 0.5 tsp of **salt** for the potatoes.
- Peel the **potatoes**, chop them into 1cm chunks. When boiling add the **potatoes** and cook until you can easily slip a knife through, 10-15 mins.
- When the potatoes have been cooking for 5 minutes, reserve some of the **potato cooking water** (see ingredients for amount).



Make the Keema

- Once the **mince** is cooked, drain off any excess fat and season with **salt** and **pepper**.
- Return the frying pan with the **mince** to medium-high heat, add **half** the **nigella seeds**, remaining **garlic**, **tomato purée** and **North Indian style spice mix**. Cook stirring frequently for 1 minute.
- Pour in the **reserved potato water** (see ingredients for amount) and stir in the **beef stock powder**, bring to the boil and simmer until the mixture has thickened, 3-4 mins. **TIP: Add a splash of water if the mix is too dry. IMPORTANT: The mince is cooked when it is no longer pink in the middle.**



Prep

- Peel 1 **garlic clove**, wrap it in foil with a drizzle of **oil**, roast in the oven for 10 mins.
- Peel and grate the other **garlic clove(s)** (or use a garlic press).
- Trim the root from the **baby gem lettuce** then halve lengthways and thinly slice widthways.
- Trim the **spring onions** then thinly slice.
- Add the **red wine vinegar** to a medium sized bowl along with a pinch of **sugar** and **oil** (see ingredients for amount). Mix together and set aside.



Finish the Keema

- Once the **potatoes** are cooked, drain them in a colander. Carefully stir the **potato chunks** into the pan with the **beef**, taste and season with **salt** and **pepper**.
- Place the **naans** in the oven and bake until toasted and golden, 2-3 mins.
- Add the **baby gem** to the **dressing** and toss to coat.



Cook the Beef

- Heat a drizzle of **oil** in a frying pan on high heat. When the **oil** is hot, add the **beef mince** and cook until browned, 5-6 mins. **TIP: Drain any excess fat from the pan.**
- Whilst the mince cooks, remove the **roasted garlic** from the oven, crush into a paste with the back of a fork.
- Add the **natural yoghurt** to a small bowl and stir in the **crushed garlic**. Season with **salt** and **pepper** and set aside.



Serve

- Share the **naans** between your plates.
- Serve the **beef** on top of the **naan**.
- Dollop over the **garlicky yoghurt**, sprinkle with the remaining **nigella seeds** and **spring onion**.
- Serve the **salad** on the side.

Enjoy!