



Beef Keema

on Ginger Basmati Rice

Calorie Smart

Optional Spice

30 Minutes



Ground Beef



Basmati Rice



Yellow Potato



Red Onion



Green Peas



Tikka Sauce



Indian Spice Mix



Ginger



Chili Garlic Sauce



Cilantro

HELLO KEEMA

An Indian ground beef stew with peas and potatoes!

Start here

Wash and dry all produce.

Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: ½ tsp
- Spicy: 2 tsp
- Medium: 1 tsp
- Extra-spicy: 1 tbsp

Bust Out

Measuring spoons, medium pot, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Basmati Rice	¾ cup	1 ½ cup
Yellow Potato	60 g	120 g
Red Onion	56 g	113 g
Green Peas	56 g	113 g
Tikka Sauce	¼ cup	½ cup
Indian Spice Mix	1 tbsp	2 tbsp
Ginger	15 g	30 g
Chili Garlic Sauce 🌶️	1 tsp	2 tsp
Cilantro	7 g	7 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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1 Prep

Cut **potato** into ½-inch pieces. Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl). Roughly chop **cilantro**. Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).



2 Cook ginger rice

Bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. Add **rice** and **half the ginger**, then reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



3 Cook beef

While **rice** cooks, heat a large pot over medium-high heat. When hot, add **beef** and **onions**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Carefully remove and discard **excess fat**.



4 Make keema

Add **Indian Spice Mix** and **remaining ginger** to the large pot with **beef**. Cook, stirring often, until fragrant, 1-2 min. Add **potatoes**, **¼ cup Tikka Sauce** (use all for 4 ppl), **peas** and **1 cup water** (dbl for 4 ppl), then reduce heat to medium. Cover and cook, stirring occasionally, until **potatoes** are tender and **keema** has thickened slightly, 12-14 min. Add **1 tsp chili garlic sauce**, then season with **salt** and **pepper**. (**NOTE:** Reference Heat Guide.)



5 Finish and serve

Fluff **rice** with a fork. Stir in **half the cilantro** and season with **salt**. Divide **rice** between plates. Top with **keema** and sprinkle **remaining cilantro** over top.

Dinner Solved!