



BEEF KEEMA TACOS

with Mumbai Aloo and Roasted Cauliflower



HELLO FUSION!



Fusion cuisine is a cuisine that combines elements of culinary traditions from different countries.



New Potatoes



Turmeric



Beef Mince



Cauliflower Florets



Nigella Seeds



Red Onion



Garlic Clove



North Indian Style Curry Powder



Tomato Purée



Beef Stock Powder



Vine Tomato



Lime



Red Chilli



Spring Onion



Greek Yoghurt



Soft Wheat Tacos



Mango Chutney

MEAL BAG

40 mins

2 of your 5 a day

Medium heat

Cook within 5 Days of Delivery

Tex-Mex and Indian cuisine come together in this beautifully flavoured dish from our limited edition “Street Food” recipes. We’ve used classic Indian spices in this dish to bring a fresh twist on a classic Mexican favourite. The spiced beef keema filling works brilliantly with the fresh zingy tomato salsa and is served with our take on a Mumbai Aloo (a traditional Indian side dish containing potato) and crispy roasted cauliflower. Make this a total crowd pleaser by serving everything in the middle of the table and getting everyone to build their own!

20

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Large Frying Pan, Baking Tray, Fine Grater, Measuring Jug** and **Colander**. Now, let's get cooking!



1 GET GOING!

Preheat your oven to 200°C. Chop the **potatoes** into 1cm chunks (no need to peel). Pop into a large saucepan of **water** with a pinch of **salt** and **half** the **turmeric**. Bring to the boil, then reduce the heat and simmer until the **potatoes** are cooked through, 12-15 mins. Meanwhile, heat a splash of **oil** in a large frying pan over medium heat. When hot, add the **minced beef** and cook until browned, 5-6 mins. Break it up with a wooden spoon as it cooks.



2 ROAST THE CAULI

Pop the **cauliflower florets** onto a baking tray and drizzle with **oil**. Season with **salt** and sprinkle on the remaining **turmeric** and **half** the **nigella seeds**. Toss to coat and roast on the top shelf of your oven until crisp and golden, 15-20 mins. Meanwhile, halve peel and chop the **red onion** into small pieces, add to the **minced beef**. Peel and grate the **garlic** (or use a garlic press). Add this to the **beef**, along with the **curry powder** and **tomato purée**.



3 SIMMER THE BEEF

Stir well and cook for a 1 minute before adding the **stock powder** and the **water** (see ingredients for amount). Bring to a simmer then allow to bubble away gently until the **stock** has reduced by half, 8-10 mins.

! IMPORTANT: The beef is cooked when it is no longer pink in the middle.



4 PREP THE GARNISHES

Meanwhile, chop the **tomatoes** into small chunks and pop into a bowl. Zest the **lime** and add **half** to the **tomatoes** along with a pinch of **salt** and a drizzle of **olive oil** (this is your salsa). Chop the **lime** into wedges. Halve the **chilli** lengthways, deseed then finely chop. Trim the **spring onion** and thinly slice. Roughly chop the **coriander** (stalks and all). Mix the remaining **lime zest** into the **Greek yoghurt**. **Garnishes** done!



5 FINISH OFF

When the **potatoes** are cooked, drain in a colander. Add the **potatoes** to the **beef** when it is ready. Warm through if necessary and season with **salt** and **pepper** to taste. Stir through **half** the **coriander**. Spread the **tacos** out on a shelf in the oven and leave to warm for a minute or so and get ready to serve!



6 TACO TIME

Lay out three **tacos** on each person's plate. Spoon the **beef keema** down the middle and top with a few pieces of **roasted cauliflower**. Spoon the **tomato salsa** on top then finish each **taco** with dollops of **zesty yoghurt** and **mango chutney**. Finish with a sprinkling of **chilli**, remaining **nigella seeds** and **coriander** and some **spring onion**. Serve the **lime wedges** alongside for squeezing over. Dig in and don't be afraid of getting messy! **Enjoy!**

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
New Potatoes *	1 small pack	1 large pack	2 small packs
Turmeric	1 pot	1½ pots	2 pots
Beef Mince *	240g	360g	480g
Cauliflower Florets *	1 bag	1 bag	1 bag
Nigella Seeds	½ sachet	¾ sachet	1 sachet
Red Onion *	1	1	2
Garlic Clove *	1	2	2
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Tomato Purée Puree	½ sachet	¾ sachet	1 sachet
Beef Stock Powder	1 sachet	1½ sachets	2 sachets
Water*	200ml	300ml	400ml
Vine Tomato	2	3	4
Lime *	½	1	1
Red Chilli *	½	¾	1
Spring Onion	1	2	2
Coriander	1 bunch	1 bunch	1 bunch
Greek Yoghurt 7)	½ pouch	¾ pouch	1 pouch
Soft Wheat Tacos 13)	6	9	12
Mango Chutney	1 pot	1½ pots	2 pots

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 812G	PER 100G
Energy (kJ/kcal)	3582 / 856	441 / 105
Fat (g)	27	3
Sat. Fat (g)	12	1
Carbohydrate (g)	112	14
Sugars (g)	30	4
Protein (g)	41	5
Salt (g)	2.58	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

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.

THUMBS UP OR THUMBS DOWN?

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