



BEEF KOFTA CURRY

with Sag Aloo



HELLO CUMIN

Cumin was used in ancient Egypt - Not only as a spice but as a preservative in mummification!



Red Onion



Garlic Clove



Potato



Coriander



Ground Cumin



Turmeric



Mustard Seeds



Chicken Stock Powder



Beef Mince



Coconut Milk



Baby Spinach



Lime



Tandoori Masala Mix



Tomato Purée

MEAL BAG

45 mins

1.5 of your 5 a day

Little heat

For many people, rice is often the go-to side for a curry. We've decided to serve our aromatic beef kofta curry alongside sag aloo, a nutritious dish of spinach, potato and fragrant spices, which gives rice a serious run for its money. Easy to prep, and even easier to eat, this is a curry you'll be coming back to time and time again.

2

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Large Saucepan** (with a **Lid**), **Measuring Jug**, **Mixing Bowl** and **Frying Pan**. Now, let's get cooking!



1 PREP TIME!

Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Chop the **potato** (no need to peel) into 2cm chunks. Roughly chop the **coriander** (stalks and all). Put a splash of **oil** in a large saucepan on medium heat. Add the **onion** and cook, stirring frequently until soft, 5 mins. Add the **garlic** and cook for 1 minute more. Take out **half** of this **onion mixture** and set aside in a bowl.



2 START THE SAG ALOO

Add the **cumin**, **turmeric** and **mustard seeds** to the pan and stir continuously for 30 seconds. Add the **potato**, **water** (see ingredients for amount) and **half** the **stock powder**. Bring to the boil, stirring to dissolve the **stock powder**. Cover with a lid, turn the heat to low and simmer until the **potato** is just cooked, 15-20 mins. **★ TIP:** The potato is cooked when you can easily slip a knife through.



3 MAKE THE KOFTAS

Meanwhile, put the **beef mince** in a mixing bowl with a pinch of **salt** and **pepper** and **half** the **coriander**. Mix together. Shape the **mixture** into four balls per person. **! IMPORTANT:** Remember to wash your hands after handling raw meat! Heat a splash of **oil** in a frying pan on medium-high heat and fry the **koftas** until browned, turning occasionally, 12-14 mins. **! IMPORTANT:** The koftas are cooked when they are no longer pink in the middle.



4 COOK THE CURRY

Take the **koftas** out of the pan and set aside. Add the reserved **onion mixture** to the same pan (no need to wash!) along with the **tandoori masala mix** and **tomato purée**. Stir together and cook on medium-low heat for 30 seconds before adding the **coconut milk**. Stir in the remaining **stock powder** and a pinch of **sugar** (if you have any) and simmer for 5 mins. Return the **koftas** to the pan for another 3-4 mins. You want the **sauce** to reduce slightly.



5 FINISH THE SAG ALOO

Once the **potato** is cooked, remove the lid and allow it to bubble away for a few minutes more, until the liquid has almost gone, stirring frequently to ensure it doesn't burn. Add the **baby spinach**, take the pan off the heat, put the lid back on and leave to the side for 5 mins. The **spinach** will wilt in the heat. This is your **sag aloo**.



6 SERVE!

When the **kofta curry** has reduced slightly, squeeze in a little **lime juice** and stir through. Stir the **spinach** into the **sag aloo** until it has all wilted. Serve the **beef kofta curry** sprinkled with the remaining **coriander** and the **sag aloo** on the side. **Enjoy!**

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion ✳	1	2	2
Garlic Clove ✳	1	2	2
Potato ✳	1 small pack	1 large pack	2 small packs
Coriander ✳	½ bunch	¾ bunch	1 bunch
Ground Cumin	½ pot	¾ pot	1 pot
Turmeric	¾ pot	1 pot	1½ pots
Mustard Seeds 9)	½ pot	¾ pot	1 pot
Water*	150ml	225ml	300ml
Chicken Stock	1	1½	2
Powder	sachet	sachets	sachets
Beef Mince ✳	240g	360g	480g
Tandoori Masala Mix	1	¾	1
Tomato Purée	small pot	large pot	large pot
	1 sachet	1½ sachets	2 sachets
Coconut Milk	1 small tin	¾ large tin	1 large tin
Baby Spinach ✳	1 small bag	1 small bag	1 large bag
Lime ✳	½	¾	1

*Not Included
✳ Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 618G	PER 100G
Energy (kJ/kcal)	2851 / 682	461 / 110
Fat (g)	36	6
Sat. Fat (g)	24	4
Carbohydrate (g)	58	9
Sugars (g)	10	2
Protein (g)	33	5
Salt (g)	1.68	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

9) Mustard

🧼 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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The Fresh Farm
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