



UCOOK

Easy Indian Curried Beef Mince

with toasted rotis

A special UCOOK curry spice will fill your kitchen with the most enticing aromas today. An intricately layered but balanced beef mince curry, cooked in a rich tomato sauce and dotted with carrot, potatoes, & onion, can be savoured with toasted roti on the side or as a wrap. Your choice, Chef!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Laborie Estate | Laborie Chenin Blanc 2023

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Ingredients & Prep

120g	Carrot <i>rinse, trim, peel & cut into small bite-sized pieces</i>
100g	Baby Potatoes <i>rinse & roughly dice</i>
150g	Beef Mince
1	Onion <i>peel & roughly dice</i>
15ml	Curry Spice <i>(1 Bay Leaf, 2,5ml Dried Chilli Flakes, 5ml Medium Curry Powder & 7,5ml NOMU Indian Rub)</i>
50ml	Cooked Chopped Tomato
2	Rotis

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. START THE CURRY Place a pot over medium heat with a drizzle of oil. When hot, fry the carrot pieces and the diced potatoes until lightly golden, 5-6 minutes.

2. SPICY AROMAS Add the mince and the diced onions to the pot. Fry until the onions are soft and the mince is slightly golden, 4-5 minutes. Add the curry spice and fry until fragrant, 1-2 minutes. Mix in the cooked chopped tomato and 100ml of water, and bring to a boil. Simmer until reduced and the veggies are cooked through, 8-10 minutes. Remove from the heat, add a sweetener (to taste), and season.

3. TOASTED ROTIS Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

4. DINNER IS READY Make a bed of the curry and side with the toasted rotis. (Alternatively: load the toasted rotis with the curry, wrap them up, and enjoy). Well done, Chef!

Nutritional Information

Per 100g

Energy	598kj
Energy	143kcal
Protein	5.9g
Carbs	17g
of which sugars	4.1g
Fibre	2.1g
Fat	5.4g
of which saturated	1.7g
Sodium	116mg

Allergens

Gluten, Allium, Wheat, Soy, Cow's Milk

Eat
Within
3 Days