



# UCCOOK

## Beef Kerrie en Rys

with carrots & potatoes

**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Suné van Zyl

**Wine Pairing:** Zevenwacht | Zeven Pinotage

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 573kJ    | 3841kJ      |
| Energy             | 137kcal  | 919kcal     |
| Protein            | 5.9g     | 39.7g       |
| Carbs              | 18g      | 119g        |
| of which sugars    | 2.5g     | 16.7g       |
| Fibre              | 1.9g     | 12.8g       |
| Fat                | 4.4g     | 29.7g       |
| of which saturated | 1.6g     | 11g         |
| Sodium             | 184mg    | 1044mg      |

**Allergens:** Gluten, Allium, Wheat

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                               |
|----------|------------|-----------------------------------------------------------------------------------------------|
| 300ml    | 400ml      | White Basmati Rice<br><i>rinse</i>                                                            |
| 450g     | 600g       | Beef Mince                                                                                    |
| 300g     | 400g       | Baby Potato<br><i>rinse &amp; cut into quarters</i>                                           |
| 360g     | 480g       | Carrot<br><i>rinse, trim, peel &amp; cut into bite-sized pieces</i>                           |
| 2        | 2          | Onions<br><i>peel &amp; roughly dice</i>                                                      |
| 60ml     | 80ml       | Curry Blend<br><i>(45ml [60ml] Medium Curry Powder &amp; 15ml [20ml] Dried Chilli Flakes)</i> |
| 150ml    | 200ml      | Tomato Passata                                                                                |
| 8g       | 10g        | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>                                        |

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

1. **NICE RICE** Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. **ALL ABOUT THE BASE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Add the potatoes and the carrot. Fry until the mince is browned, 6-8 minutes (shifting occasionally).

3. **HURRY WITH THE CURRY** Add the onion to the pan and fry until soft, 4-5 minutes. Add the curry blend and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 600ml [800ml] water. Simmer until the curry is thickening and the veggies are cooked through, 20-25 minutes. Add 15ml [20ml] of sweetener and seasoning. Remove from the heat.

4. **DINNER IS READY** Make a bed of the fluffy rice, top with the flavourful curry, and garnish with the parsley. Geniet jou kos!