

UCOOK

Beef Kerrie en Rys

with carrots & potatoes

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate Merlot

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 580kJ | 3885kJ |
| Energy | 139kcal | 929kcal |
| Protein | 6g | 40.1g |
| Carbs | 18g | 120.6g |
| of which sugars | 2.5g | 16.8g |
| Fibre | 2g | 13.3g |
| Fat | 4.5g | 29.9g |
| of which saturated | 1.7g | 11.1g |
| Sodium | 54.3mg | 363.8mg |

Allergens: Gluten, Wheat, Cow's Milk, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | Serves 2 | |
|----------|----------|--|
| 100ml | 200ml | White Basmati Rice <i>rinse</i> |
| 150g | 300g | Beef Mince |
| 100g | 200g | Baby Potato <i>rinse & cut into quarters</i> |
| 120g | 240g | Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i> |
| 1 | 1 | Onion <i>peel & roughly dice</i> |
| 20ml | 40ml | Curry Blend <i>(15ml [30ml] Medium Curry Powder & 5ml [10ml] NOMU Indian Rub)</i> |
| 50ml | 100ml | Tomato Passata |
| 3g | 5g | Curry Leaves <i>rinse & pick</i> |

1. NICE RICE Place the rice in a pot with 200ml [400ml] 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, 5-6 minutes (shifting occasionally).

3. HURRY WITH THE CURRY Add the onion to the pan and fry until soft, 3-4 minutes. Add the curry blend and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 200ml [400ml] water. Simmer until the curry is thickening and the veggies are cooked through, 15-20 minutes. Add 5ml [10ml] of sweetener and seasoning. Remove from the heat.

4. CRISPY CURRY LEAVES Place a clean pan over medium-high heat with a drizzle of oil and a knob of butter. Once foaming, fry the curry leaves until crispy, 1-2 minutes per side. (To make this easier, use tongs if you have them!). Remove the infused butter from the pot, drain the crispy curry leaves on paper towel and set aside for serving.

5. DINNER IS READY Make a bed of the fluffy rice, top with the flavourful curry, and garnish with the crispy curry leaves. Geniet jou kos!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Butter

Paper Towel