



WCOOK

Beef Kerrie en Rys

with carrots & potatoes

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

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

From Your Kitchen

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

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. **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!