



# UCCOOK

## Curried Beef Mince

with white basmati rice & fresh parsley

A classic firm fav for the fam! Fluffy white basmati rice is topped with a flavourful curry mince & tomato passata sauce. All garnished with fresh parsley. Lekker!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Jason Johnson

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Simple & Save

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 Groote Post Winery | Groote Post Riesling 2022

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## Ingredients & Prep

|       |                                                        |
|-------|--------------------------------------------------------|
| 400ml | White Basmati Rice<br><i>rinse</i>                     |
| 2     | Onions<br><i>peel &amp; roughly dice</i>               |
| 240g  | Carrot<br><i>rinse, trim, peel &amp; finely dice</i>   |
| 2     | Garlic Cloves<br><i>peel &amp; grate</i>               |
| 600g  | Beef Mince                                             |
| 40ml  | Medium Curry Powder                                    |
| 20ml  | NOMU Indian Rub                                        |
| 400ml | Tomato Passata                                         |
| 10g   | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i> |

## From Your Kitchen

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

**1. FLUFFY RICE** Place the rinsed rice in a pot with 800ml of salted water. Cover 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. CURRY MINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the diced onion and the diced carrot until golden, 6-7 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the mince, the curry powder (to taste), and the NOMU rub. Work quickly to break up the mince as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally).

**3. REDUCE THE SAUCE** When the mince has browned, pour in the passata and 400ml of water. Simmer until reduced and thickened, 10-12 minutes. Add a sweetener (to taste) and season. Remove from the heat and set aside.

**4. GRAB THE PLATES, FAM!** Plate up a generous helping of steaming rice and top with the curried mince. Garnish with the chopped parsley. Get noshing, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 635kj   |
| Energy             | 152kcal |
| Protein            | 7g      |
| Carbs              | 18g     |
| of which sugars    | 2.5g    |
| Fibre              | 1.9g    |
| Fat                | 5.4g    |
| of which saturated | 2g      |
| Sodium             | 268mg   |

## Allergens

Gluten, Allium, Wheat

Eat  
Within  
2 Days