



UCCOOK

Easy Indian Curried Beef Mince

with toasted rotis

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	564kJ	4679kJ
Energy	135kcal	1119kcal
Protein	5.6g	46.5g
Carbs	17g	145g
of which sugars	3.5g	29g
Fibre	2.4g	19.7g
Fat	4.8g	40.2g
of which saturated	1.5g	12.7g
Sodium	162mg	1341mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
120g	240g	Carrot
200g	400g	Potato
1	1	Onion
150g	300g	Beef Mince
15ml	30ml	Curry Spice <i>(1 [2] Bay Leaf/ves, 2.5ml [5ml] Dried Chilli Flakes , 5ml [10ml] Medium Curry Powder - Rajah & 7.5ml [15ml] NOMU Indian Rub)</i>
50g	100g	Cooked Chopped Tomato
2	4	Rotis

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

1. PREP Rinse, trim, peel, and cut the carrots into bite-sized pieces. Rinse, peel (optional), and cut the potatoes into bite-sized pieces. Peel and roughly dice ½ [all] of the onion.

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

3. SPICY AROMAS Add the mince and the 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, 100ml [200ml] 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.

4. 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.

5. 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!