



UCOOK

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!


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Jason Johnson

 ***NEW Simple & Save**

 Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

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Ingredients & Prep

400ml	White Basmati Rice <i>rinsed</i>
2	Onions <i>peeled & finely diced</i>
240g	Carrot <i>trimmed, peeled & finely diced</i>
2	Garlic Cloves <i>peeled & grated</i>
600g	Beef Mince
40ml	Medium Curry Powder
400ml	Tomato Passata
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</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 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 and curry powder (to taste) and work quickly to break it up 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 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	591kj
Energy	141kcal
Protein	6.6g
Carbs	17g
of which sugars	2.6g
Fibre	2.2g
Fat	5.2g
of which saturated	1.9g
Sodium	158mg

Allergens

Gluten, Allium, Wheat

Cook
within 3
Days