



# UCOOK

## Easy Indian Curried Beef Mince

with toasted rotis

A special UCOOK curry spice will fill your kitchen with the most enticing aromas today. An intricately layered but balanced beef mince curry, cooked in a rich tomato sauce and dotted with carrot, potatoes, & onion, can be savoured with toasted roti on the side or as a wrap. Your choice, Chef!

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Simple & Save

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Laborie Estate | Laborie Chenin Blanc 2023

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## Ingredients & Prep

240g	Carrot <i>rinse, trim, peel &amp; cut into small bite-sized pieces</i>
400g	Baby Potatoes <i>rinse &amp; roughly dice</i>
600g	Beef Mince
2	Onions <i>peel &amp; roughly dice</i>
60ml	Curry Spice <i>(2 Bay Leaves, 10ml Dried Chilli Flakes, 20ml Medium Curry Powder &amp; 30ml NOMU Indian Rub)</i>
200ml	Cooked Chopped Tomato
8	Rotis

## From Your Kitchen

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

**1. START THE CURRY** Place a pot over medium heat with a drizzle of oil. When hot, fry the carrot pieces and the diced potatoes until lightly golden, 6-8 minutes.

**2. SPICY AROMAS** Add the mince and the diced onions to the pot. Fry until the onions are soft and the mince is slightly golden, 5-6 minutes. Add the curry spice and fry until fragrant, 2-3 minutes. Mix in the cooked chopped tomato and 400ml of water, and bring to a boil. Simmer until reduced and the veggies are cooked through, 10-12 minutes. Remove from the heat, add a sweetener (to taste), and season.

**3. 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.

**4. 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!

## Nutritional Information

Per 100g

Energy	598kj
Energy	143kcal
Protein	5.9g
Carbs	17g
of which sugars	4.1g
Fibre	2.1g
Fat	5.4g
of which saturated	1.7g
Sodium	116mg

## Allergens

Gluten, Allium, Wheat, Soy, Cow's Milk

Eat  
Within  
3 Days