



UCOOK

Beef Keema Roti

with a carrot & sultana sambal

Flavourful curried beef mince is simmered in a tomato-based sauce dotted with sweet peas before being wrapped up in toasted rotis and topped with a tangy carrot & sultana sambal. Served with fresh tzatziki for dunking.


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Jason Johnson

 Quick & Easy

 Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

| | |
|-------|----------------------------------------------------------------------------------------------------|
| 1 | Onion <i>peeled & finely diced</i> |
| 140ml | Curry Paste <i>(80ml Spice & All Things Nice Tikka Curry Paste & 60ml Tomato Paste)</i> |
| 600g | Free-range Beef Mince |
| 800g | Cooked Chopped Tomato |
| 40ml | Red Wine Vinegar |
| 240g | Carrot <i>rinsed, peeled, trimmed & grated</i> |
| 2 | Tomatoes <i>rinsed & roughly diced</i> |
| 60g | Golden Sultanas |
| 10g | Fresh Coriander <i>rinsed & picked</i> |
| 160g | Peas |
| 8 | Rotis |
| 125ml | Tzatziki |

From Your Kitchen

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

1. CURRY MINCE Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 6-8 minutes (shifting occasionally). Add the curry paste and fry until fragrant, 1-2 minutes (shifting constantly). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Pour in the cooked chopped tomato and 600ml of water. Simmer until thickened, 20-25 minutes (stirring occasionally).

2. CARROT SAMBAL In a salad bowl, combine the vinegar, a drizzle of olive oil, a sweetener, and seasoning. Toss through the grated carrot, the diced tomato, the sultanas, and ½ of the picked coriander. Set aside for serving.

3. ADD PEAS Once the mince mixture has reduced, stir through the peas. Add a sweetener and seasoning.

4. TOAST THE ROTIS Place a clean pan over medium heat. When hot, toast each roti until warmed through, 1-2 minutes per side.

5. TIME TO EAT Lay out the rotis, add the curry mince to one side of each toasted roti, top with the carrot sambal and the remaining coriander, dollop over the tzatziki, and wrap them up!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 541kJ |
| Energy | 129kcal |
| Protein | 5.7g |
| Carbs | 15g |
| of which sugars | 5.6g |
| Fibre | 2.6g |
| Fat | 4.7g |
| of which saturated | 1.5g |
| Sodium | 191mg |

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Soy

Cook
within 3
Days