



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!


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Jason Johnson

Simple & Save

 Groote Post Winery | Groote Post Riesling 2022

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Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
2	Onions <i>peel & roughly dice 1½</i>
240g	Carrot <i>rinse, trim, peel & finely dice</i>
2	Garlic Cloves <i>peel & grate</i>
450g	Beef Mince
30ml	Medium Curry Powder
15ml	NOMU Indian Rub
300ml	Tomato Passata
8g	Fresh Parsley <i>rinse, pick & 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 600ml 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, 4-5 minutes (shifting occasionally).

3. REDUCE THE SAUCE When the mince has browned, pour in the passata and 300ml 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