



# UCOOK

## Spicy Beef Kerrie en Rys

with carrots & potatoes

Every South African house has their unique version of kerrie en rys. Our UCOOK version will bring back fond food memories as you savour forkfuls of fluffy basmati rice, which has soaked up the spicy curry flavours featuring a special spice mix, chilli flakes, quartered baby potatoes, tomato passata, and browned beef mince dotted with onions & carrots. Keep the glass of milk close, because this one has a good spice kick, Chef!

---

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Suné van Zyl

---

Simple & Save

---

Stettyn Wines | Stettyn Family Range Chenin Blanc 2023

---

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

## Ingredients & Prep

100ml	White Basmati Rice <i>rinse</i>
150g	Beef Mince
100g	Baby Potato <i>rinse &amp; cut into quarters</i>
120g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
1	Onion <i>peel &amp; roughly dice</i>
20ml	Spice Mix <i>(15ml Medium Curry Powder &amp; 5ml Dried Chilli Flakes)</i>
50ml	Tomato Passata
3g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. NICE RICE** Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid 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. ALL ABOUT THE BASE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Add the quartered potatoes and the carrot pieces. Fry until the mince is browned, 5-6 minutes (shifting occasionally).

**3. HURRY WITH THE CURRY** Add the diced onion to the pan and fry until soft, 3-4 minutes. Add the spice mix and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 200ml water. Simmer until the curry is thickening and the veggies are cooked through, 15-20 minutes. Add 5ml of sweetener and seasoning. Remove from the heat.

**4. DINNER IS READY** Make a bed of the fluffy rice, top with the flavourful curry, and garnish with the chopped parsley. Geniet jou kos!

## Nutritional Information

Per 100g

Energy	573kJ
Energy	137kcal
Protein	5.9g
Carbs	18g
of which sugars	2.5g
Fibre	1.9g
Fat	4.4g
of which saturated	1.6g
Sodium	160mg

## Allergens

Gluten, Allium, Wheat

Eat  
Within  
3 Days