



UCCOOK

Curried Beef Mince

with white basmati rice & fresh parsley

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Jason Johnson

Wine Pairing: Delheim Wines | Delheim
Shiraz/Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	573kj	3723kj
Energy	137kcal	890kcal
Protein	6.2g	40.1g
Carbs	17g	113g
of which sugars	3.1g	20.1g
Fibre	2g	12.7g
Fat	4.6g	29.9g
of which saturated	1.7g	11.1g
Sodium	283mg	1872mg

Allergens: Gluten, Allium, Wheat

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	White Basmati Rice <i>rinse</i>
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
240g	240g	Carrot <i>rinse, trim, peel & finely dice</i>
2	2	Garlic Cloves <i>peel & grate</i>
1	1	Tomato Paste
450g	600g	Beef Mince
45ml	60ml	Curry Blend <i>(30ml [40ml] Medium Curry Powder & 15ml [20ml] NOMU Indian Rub)</i>
300ml	400ml	Tomato Passata
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. FLUFFY RICE Place the rice in a pot with 600ml [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 onion and the carrot until golden, 4-5 minutes (shifting occasionally). Add the garlic, and the tomato paste, and fry until fragrant, 1-2 minutes (shifting constantly). Add the mince and the curry blend. Work quickly to break up the mince as it starts to cook. Fry until browned, 6-7 minutes (shifting occasionally).

3. REDUCE THE SAUCE When the mince has browned, pour in the passata and 300ml [400ml] 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 parsley. Get noshing, Chef!