UCOOK

Beef Kerrie en Rys

with carrots & potatoes

Hands-on Time: 40 minutes
Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Suné van Zyl

Wine Pairing: Zevenwacht | 7even Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	573kJ	3841kJ
Energy	137kcal	919kcal
Protein	5.9g	39.7g
Carbs	18g	119g
of which sugars	2.5g	16.7g
Fibre	1.9g	12.8g
Fat	4.4g	29.7g
of which saturated	1.6g	11g
Sodium	184mg	1044mg

Allergens: Gluten, Allium, Wheat

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	White Basmati Rice *rinse*
450g	600g	Beef Mince
300g	400g	Baby Potato *rinse & cut into quarters*
360g	480g	Carrot *rinse, trim, peel & cut into bite-sized pieces*
2	2	Onions *peel & roughly dice*
60ml	80ml	Curry Blend *(45ml [60ml] Medium Curry Powder & 15ml [20ml] Dried Chilli Flakes)*
150ml	200ml	Tomato Passata
8g	10g	Fresh Parsley *rinse, pick & roughly chop*

From Your Kitchen

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

1. NICE RICE Place the rice in a pot with 600ml [800ml] 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 potatoes and the carrot. Fry until the mince is browned, 6-8 minutes (shifting occasionally).

3. HURRY WITH THE CURRY Add the onion to the pan and fry until soft, 4-5 minutes. Add the curry blend and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 600ml [800ml] water. Simmer until the curry is thickening and the veggies are cooked through, 20-25 minutes. Add 15ml [20ml] 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 parsley. Geniet jou kos!