



# Beef and Potato Keema Naans with Nigella Seeds and Garlic Yoghurt

**Rapid** 20 Minutes • Medium Spice • 1 of your 5 a day

13



Baking Potatoes



Garlic Clove



Baby Gem Lettuce



Spring Onion



Red Wine Vinegar



Beef Mince



Natural Yoghurt



Nigella Seeds



Tomato Puree



North Indian Style Spice Mix



Beef Stock Powder



Naan

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Large Saucepan, Measuring Jug, Garlic Press, Medium Bowl, Frying Pan, Wooden Spoon, Small Bowl, Colander.

## Ingredients

	2P	3P	4P
Baking Potatoes**	1	2	2
Garlic Clove**	2	3	4
Baby Gem Lettuce**	1	2	2
Spring Onion**	1	2	2
Red Wine Vinegar (14)	1 sachet	2 sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Beef Mince**	240g	360g	480g
Natural Yoghurt** (7)	75g	100g	150g
Nigella Seeds	1 pot	1 pot	1 pot
Tomato Puree	1 sachet	2 sachets	2 sachets
North Indian Style Spice Mix	2 sachets	2 sachets	4 sachets
Water for the Sauce*	100ml	150ml	200ml
Beef Stock Powder Naan (7) (11) (13)	1 sachet 2	2 sachets 4	2 sachets 4

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>509g</b>	<b>100g</b>
Energy (kJ/kcal)	3360 /803	660 /158
Fat (g)	27	5
Sat. Fat (g)	10	2
Carbohydrate (g)	98	19
Sugars (g)	11	2
Protein (g)	43	8
Salt (g)	1.76	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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The Fresh Farm  
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## Cook the Potato

- Preheat your oven to 200°C.
- Bring a large saucepan of **water** to the boil with **½ tsp** of **salt** for the **potatoes**.
- Peel the **potatoes**, chop them into 1cm chunks. When the **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 10-15 mins.
- When the **potatoes** have been cooking for 5 mins, reserve some of the **potato cooking water for the sauce** (see ingredients for amount).



## Make the Keema

- Once the **mince** is cooked, drain off any excess fat and season with **salt** and **pepper**.
- Return the frying pan with the **mince** to medium-high heat, add **half the nigella seeds**, remaining **garlic**, **tomato puree** and **North Indian style spice mix**. Cook, stirring frequently, for 1 min.
- Pour in the **reserved potato water** (see ingredients for amount) and stir in the **beef stock powder**. Bring to the boil and simmer until the mixture has thickened, 3-4 mins. **TIP: Add a splash of water if the mix is too dry.**



## Get Prepped

- Peel **1 garlic clove**, wrap in foil with a drizzle of **oil** and roast in the oven for 10 mins. Peel and grate the other **garlic clove** (or use a garlic press).
- Trim the root from the **baby gem lettuce** then halve lengthways and thinly slice widthways.
- Trim and thinly slice the **spring onion**.
- Add the **red wine vinegar** to a medium-sized bowl along with a pinch of **sugar** and the **olive oil for the dressing** (see ingredients for amount). Mix together and set aside.



## Cook the Keema

- Once the **potatoes** are cooked, drain them in a colander. Carefully stir the **potato chunks** into the pan with the **beef**. Taste and season with **salt** and **pepper**.
- Place the **naans** in the oven and bake until toasted and golden, 2-3 mins.
- Add the **baby gem lettuce** to the **dressing** and toss to coat.

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.



## Cook the Beef

- Heat a drizzle of **oil** in a frying pan on high heat.
- When the **oil** is hot, add the **beef mince** and cook until browned, 5-6 mins. **IMPORTANT: Wash your hands after handling raw mince. The mince is cooked when no longer pink in the middle.**
- While the **mince** cooks, remove the **roasted garlic** from the oven and crush with the back of a fork.
- Add the **natural yoghurt** to a small bowl and stir in the **crushed garlic**. Season with **salt** and **pepper** and set aside.



## Finish and Serve

- Share the **naans** between your plates.
- Serve the **beef** on top of the **naan** with a handful of **salad** on top.
- Dollop over the **garlicky yoghurt**, then sprinkle with the remaining **nigella seeds** and **spring onion**.

Enjoy!