



Curried Beef and Chickpea Soup

with Naan Bread

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

12



Beef Mince



Bell Pepper



Garlic



Green Chilli



Spring Onion



Chickpeas



North Indian-Style
Curry Powder



Tomato Passata



Beef Stock Powder



Naan Breads



Greek Yoghurt

Before you start

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

Cooking tools, you will need:

Measuring Jug, Saucepan, Wooden Spoon, Garlic Press, Potato Masher, Bowl.

Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Bell Pepper***	1	2	2
Garlic**	1	2	2
Green Chilli**	½	¾	1
Spring Onion**	1	2	2
Chickpeas	1 carton	1½ cartons	2 cartons
North Indian-Style Curry Powder	1 small pot	1 large pot	1 large pot
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Powder	1 sachet	1½ sachet	2 sachets
Water for the Soup*	400ml	600ml	800ml
Naan Breads	2	3	4
Greek Yoghurt 7)**	75g	100g	150g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	591g	100g
Energy (kJ/kcal)	3312 /792	561 /134
Fat (g)	29	5
Sat. Fat (g)	11	2
Carbohydrate (g)	83	14
Sugars (g)	14	2
Protein (g)	44	7
Salt (g)	2.50	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

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.

Contact

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You can recycle me!



Brown the Mince

- Preheat your oven to 150°C.
- Heat a splash of **oil** in a large saucepan on medium-high heat.
- When hot, add the **mince** and cook until browned, breaking it up with a wooden spoon as it cooks, 5-6 mins. **TIP: carefully drain off any fat if you'd like.**



Simmer

- Stir in both the **crushed** and **whole chickpeas**. **Tip: They will help thicken up the soup.**
- Bring the **soup** up to the boil then lower the heat and simmer, uncovered until it forms a soupy consistency, 6-7 mins. **IMPORTANT: The beef is cooked when no longer pink in the middle.**



Prep Time

- Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 1cm sized **chunks**.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** lengthways, deseed then slice thinly.
- Trim and thinly slice the **spring onion**.
- Once the **beef** is browned, stir in the chopped **pepper**.



Warm the Naans

- Whilst the **soup** simmers away, pop the **naan breads** into the oven to warm through, 3-4 mins. Do any washing up while you have time.



Spice it Up

- Cook the **pepper** with the **beef** until softened, 3-4 mins.
- Meanwhile, drain and rinse the **chickpeas**. Place **half** into a bowl and mash with a fork or **potato masher**.
- Lower the heat to medium and add the **garlic** and **curry powder**.
- Stir and cook for a minute then stir in the **passata, beef stock powder, water** (see ingredients for amount).



Serve

- When the **soup** is ready, season to taste with **salt** and **pepper**. Slice the **naan breads** into 2cm wide strips.
- Share the **soup** between your bowls and top with a dollop of **Greek yoghurt**. Finish with a sprinkle of **spring onion** and **green chilli** for those who like some extra heat!
- Serve the **naan bread strips** alongside for dipping.

Enjoy!

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.