



# Minced Beef and Pea Keema Curry with Cashews and Garlicky Naan

**Rapid** 20 Minutes • Mild Spice • 2 of your 5 a day

13



-  Red Onion
-  Beef Mince
-  Coriander
-  Garlic Clove
-  North Indian Style Spice Mix
-  Tomato Passata
-  Beef Stock Paste
-  Cashew Nuts
-  Plain Naan
-  Peas

**Pantry Items**  
Oil

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Frying pan, garlic press, bowl and baking tray.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Beef Mince**	240g	360g	480g
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	2	3
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Water for the Sauce*	150ml	225ml	300ml
Cashew Nuts 2)	25g	40g	40g
Oil for the Bread*	2 tbsp	2 tbsp	3 tbsp
Plain Naan 7)	2	3	4
11) 13)	2	3	4
Peas**	120g	180g	240g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	481g	100g
Energy (kJ/kcal)	3482/832	724/173
Fat (g)	39	8
Sat. Fat (g)	11	2
Carbohydrate (g)	83	17
Sugars (g)	13	3
Protein (g)	40	8
Salt (g)	2.40	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

2) Nuts 7) Milk 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Fry Time

- Preheat your oven to 200°C.
- Halve, peel and chop the **red onion** into small pieces.
- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- When hot, add the **beef mince** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



## Toast the Cashews

- In the meantime, heat another small frying pan on medium heat (no oil).
- Once hot, add the **cashews** and dry-fry, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily.
- Once toasted, transfer the **nuts** to a bowl and set aside.



## Get Prepped

- Once the **mince** has browned, add the **onion** to the pan and cook until softened, 4-5 mins. Stir occasionally.
- While it cooks, roughly chop the **coriander** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).



## Finish Up

- In a small bowl, mix together the remaining **garlic** and the **oil for the bread** (see ingredients for amount).
- Pop the **naans** onto a baking tray, drizzle over the **garlic oil** and warm on the top shelf of your oven, 3-4 mins.
- Once the **curry** has thickened, stir in the **peas** and **half the coriander**. Simmer for 1-2 mins, then remove from the heat.
- Taste and add more **salt** and **pepper** if needed.



## Simmer and Spice

- Once the **onion** has softened, lower the heat to medium, add the **North Indian style spice mix** and **half the garlic** and stir-fry until fragrant, 1 min.
- Stir in the **passata**, **beef stock paste** and **water for the sauce** (see ingredients for amount).
- Bring to the boil, then reduce the heat if necessary and simmer until the **sauce** has thickened, 5-6 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Serve

- When everything is ready, divide the **minced beef and pea keema curry** between bowls.
- Scatter over the remaining **coriander** and the **cashews**.
- Cut the **garlicky naans** in half and serve them alongside for scooping.

## Enjoy!