



# Beef and Baby Spinach Lentil Curry

with rice and North Indian spice

Family Quick Cook 20-25 mins • Optional spice

3



Beef Mince



Rice



Onion



Lentils



Passata



Baby Spinach



North Indian Style Spice Mix



Chicken Stock



Yoghurt



Chilli



Garlic

Pantry Items: Water, Salt, Pepper, Oil



## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Large pot, lid, sieve, grater

## Ingredients

	2P	4P
Beef Mince	250 g	500 g
Rice	150 g	300 g
Onion	1 unit	2 units
Lentils	1 pack	2 packs
Passata	1 pack	2 packs
Baby Spinach	60 g	120 g
North Indian Style Spice Mix	2 sachets	4 sachets
Chicken Stock	1 sachet	2 sachets
Yoghurt	75 g	150 g
Chilli	1 unit	2 units
Garlic	1 unit	2 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>636 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3476.9 kJ/ 831 kcal	546.7 kJ/ 130.7 kcal
Fat (g)	23 g	3.6 g
Sat. Fat (g)	9.8 g	1.5 g
Carbohydrate (g)	96.9 g	15.2 g
Sugars (g)	27.7 g	4.4 g
Protein (g)	51.5 g	8.1 g
Salt (g)	3.8 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
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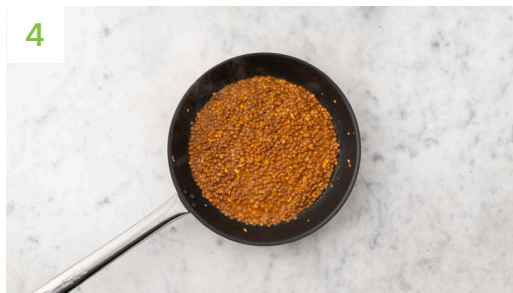


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### Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 10 mins, then remove the pot from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



### Simmer the Sauce

- Add 100ml **water** (double for 4p), **passata**, **stock powder** and **lentils** to the pan.
- Season with **salt** and **pepper**.
- Stir together. Simmer until thickened, 4-5 mins. **IMPORTANT:** Mince is cooked when no longer pink in the middle.

**TIP:** Add a splash of water to loosen the sauce if necessary.



### Fry the Beef

- Place a pan over medium-high heat (no oil).
- Once hot, add the **beef mince** and fry until browned, 5-6 mins. **IMPORTANT:** Wash hands after handling raw meat and its packaging. Use a spoon to break it up as it cooks.
- Halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Once the **mince** has browned, add **onion** and **garlic** (with a drizzle of **oil** if necessary). Fry until it's starting to soften, 3-4 mins.



### Wilt the Spinach

- Add the **spinach** a handful at a time.
- Cook until wilted and piping hot, 2-3 mins.
- Taste and add more **salt** and **pepper** if desired.



### Season the Mince

- Finely chop the **chilli**.
- Drain and rinse the **lentils** in a sieve.
- Once the **onion** has softened, add the **North Indian spice** and **chilli** (use less if you don't like spice) to the pan.
- Cook, stirring, for 1 min.



### Garnish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Top with the **beef** and **lentil** curry and a dollop of **yoghurt**.

**Enjoy!**