



Beef and Lentil Curry

with baby spinach and rice

Classic Quick Cook 20-25 mins • Optional spice

3



Beef Mince



Chicken Stock



Onion



Lentils



Passata



Baby Spinach



North Indian Style Spice Mix



Rice



Yoghurt



Chilli

Pantry Items: Water, Salt, Pepper, Oil

Before you start

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

Cooking tools you will need

Large Pot, Lid, Sieve

Ingredients

	2P	4P
Beef Mince	250 g	500 g
Chicken Stock	1 sachet	2 sachets
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	1 sachet	2 sachets
Rice	150 g	300 g
Yoghurt	75 g	150 g
Chilli	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	634 g	100 g
Energy (kJ/kcal)	3464 kJ/ 827.9 kcal	546.4 kJ/ 130.6 kcal
Fat (g)	22.8 g	3.6 g
Sat. Fat (g)	9.8 g	1.5 g
Carbohydrate (g)	96.4 g	15.2 g
Sugars (g)	27.1 g	4.3 g
Protein (g)	52 g	8.2 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

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Cook the Rice

- Boil a large pot of **salted water** for the **rice**.
- When boiling, add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Simmer the Sauce

- Add 100ml **water** (double for 4p), **passata**, **stock** 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 if you feel it needs loosening.*



Fry the Beef

- Place a pan over medium-high heat (no oil).
- Once the pan is hot, add the **beef mince** and fry until browned, 5-6 mins. **IMPORTANT:** Wash your hands after handling raw meat and its packaging. Use a spoon to break it up as it cooks.
- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Once the **mince** has browned, add the **onion** (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 style spice** and **chilli** (use less if you don't like spice) to the pan.
- Cook, stirring, for 1 min.



Garnish and Serve

- Divide the **rice** between your bowls.
- Top with the curry and a dollop of **yoghurt**.

Enjoy!