



Indian-Style Beef Keema

with Mint Yoghurt



20-30min



2 Portions

Keema matar was a celebratory dish served in the courts of Mughal India and utilises ground meat as the central ingredient. Recreate this aromatic curry using beef mince, add nutritious green vegetables and serve with a cooling yoghurt raita to bring a touch of the exotic to the everyday.

What we send

- 17
- 7

What you'll require

- sea salt and pepper
- vegetable oil
- water

Utensils

- large deep frypan or saucepan with lid
- medium saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 715kcal, Fat 27.0g, Carbs 65.6g, Proteins 46.4g



1. Prepare ingredients

Bring a medium saucepan of water to the boil for the rice. Thinly slice the **onion**. Finely chop or crush the **garlic**. Trim and halve the **beans**.



2. Cook rice

Cook the **rice** in the pan of boiling water for 25 mins or until tender. Drain.



3. Cook aromatics

Meanwhile, heat **1 tbs oil** in a large frypan over medium heat. Cook the **onion** and **garlic**, stirring regularly, for 3 mins or until softened. Add the **garam masala** and **½ tsp ground turmeric** (the remaining turmeric won't be used in this dish) and cook for a further 1 min or until fragrant.



4. Make keema sauce

Increase the heat to medium-high, add the **beef mince** and cook, breaking up the lumps with a spoon, for 3-4 mins until browned. Add the **tomatoes, 125ml (½ cup) water** and season with **salt**. Bring to a simmer, then reduce the heat to medium and cook for 5 mins or until the sauce is slightly reduced.



5. Add vegetables

Meanwhile, discard the tough stems from the **kale** and thinly slice. Stir the kale into the keema and cook, covered, for 5 mins. Stir in the **beans** and cook, covered, stirring occasionally, for a further 5 mins or until the vegetables are tender.



6. Make raita

While the keema is cooking, finely chop the **mint** leaves, discarding the stems. Put the mint and **yoghurt** in a bowl, season with **salt and pepper** and stir to combine. Divide the **rice** and **beef keema** among bowls. Serve with the **raita**.