



Indian beef keema with carrots & potatoes

L Prep: 10 mins
Cook: 20 mins

E Easy

S Serves 4

Keema is a traditional Asian dish made with mince - flavour it with spicy curry powder and pack in some carrots and potatoes for extra texture

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
351	16g	6g	21g	9g	6g	31g	0.7g

Ingredients

1 tbsp vegetable oil

500g pack lean minced beef

1 large onion, finely chopped

2 garlic cloves, chopped

1 tbsp finely chopped ginger

2 tbsp hot curry powder

1 large potato, cut into 3cm chunks

2 carrots, cut into 3cm chunks

1 tbsp tomato purée

500ml vegetable stock (optional)

basmati rice, fresh coriander and mango or lime chutney, to serve

Method

Step 1 Heat 1 tsp of the oil in a large saucepan over a high heat. Add the mince, season and cook until browned, breaking it up with a wooden spoon as it cooks. Remove from the pan, discarding all the fat, and set aside.

Step 2 Heat the remaining oil and cook the onion, garlic and ginger with some seasoning for 8 mins until soft. Add the curry powder, potato and carrots, and cook for a few mins more. Stir in the tomato purée, 500ml water or vegetable stock, and the beef. Cook on a medium heat for 20 mins or until the potatoes are tender. Serve with basmati rice, fresh coriander, and mango or lime chutney.

Name		Date (to be returned on prior to the next food lesson)	
Costing (work out your costing's)			
Pupil Feed Back (How did you cope?)			
Parents Feedback (How was the food, prepping and clear up)			
Sibling Feedback			

Produce the meal below for your family, complete the student/parent feedback sheet and return via email or by the following lesson