



Chukandar Gosht Inspired Beef and Beetroot Curry

with Steamed Basmati Rice and Coriander

High Protein

Preparation time : 20 min.



-  Cooked Beetroot
-  Basmati Rice
-  British Beef Mince
-  Lahori Style Spice Mix
-  Tomato Puree
-  Ginger Puree
-  Beef Stock Paste
-  Ground Cinnamon
-  Coriander
-  Peas
-  Water for the Rice
-  Sugar for the Sauce
-  Water for the Sauce



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/chukandar-gosht-inspired-beef-and-beetroot-curry-383>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Medium Saucepan, Lid, Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Cooked Beetroot (grams)	250	375	500
Basmati Rice (grams)	150	225	300
British Beef Mince (grams)	240	360	480
Lahori Style Spice Mix (sachet(s))	1	1½	2
Tomato Puree (grams)	30	60	60
Ginger Puree (grams)	15	22½	30
Beef Stock Paste (grams)	10	15	20
Ground Cinnamon (sachet(s))	2	3	4
Coriander (bunch(es))	1	1½	2
Peas (grams)	120	180	240
Water for the Rice (milliliter(s))	300	450	600
Sugar for the Sauce (tsp)	1	1½	2
Water for the Sauce (milliliter(s))	250	375	500

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2801 kJ
Energy (kcal)	670 kcal
Fat	16.6 g
of which saturates	6.9 g
Carbohydrate	89.4 g
of which sugars	21.7 g
Dietary Fibre	9.8 g
Protein	39.5 g
Salt	3.29 g

Allergens

Mustard, Milk, Wheat, May contain traces of allergens, Soya, Celery, Barley, Cereals containing gluten, Sulphites

Always check the product labels for allergen information.



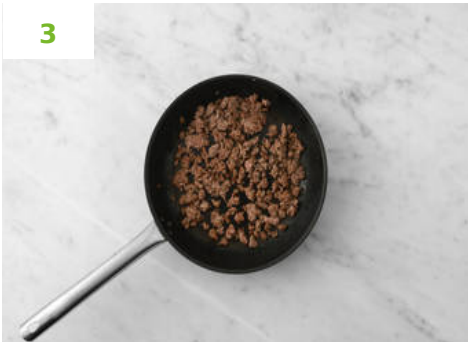
Get Started

- a) Chop each **beetroot** into 3cm chunks. **TIP:** Wear gloves when handling the beetroot to avoid staining your hands.
- b) Pop the **chunks** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- c) When the oven is hot, roast on the top shelf, 15-20 mins.



Boil the Rice

- a) Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.
- b) Stir in the **rice** and $\frac{1}{4}$ **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.
- c) Leave to cook for 10 mins, then remove the pan 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).



Fry Time

- a) Heat a large frying pan on medium-high heat (no oil).
- b) Once hot, add the **beef mince**. Fry until the **mince** has browned, 5-6 mins.
- c) Use a spoon to break it up as it cooks. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



Add the Flavour

- a) Once browned, add the **Lahori style spice mix**, **tomato puree** and **ginger puree**. Fry until fragrant, 1 min.
- b) Next, add the **cinnamon**, **beef stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).
- c) Bring to a boil, then simmer the **curry** until thickened, 3-4 mins.
- d) Meanwhile, roughly chop the **coriander** (stalks and all).



All Together Now

- a) Once the **beetroot** has finished roasting, add the **roasted beetroot** and **peas** to the **curry** and simmer, 1-2 mins more.
- b) Stir in **half** the **coriander**. Taste and season with **salt** and **pepper** if you feel it needs it.



Serve Up

- a) When everything's ready, fluff up the **rice** and share between serving bowls.
- b) Top with the **beef and beetroot curry**.
- c) Sprinkle over the remaining **coriander** to finish.

Enjoy your meal!