



## Aromatic Irish Beef Aloo



This Indian-inspired dish is a great, healthy twist on mince! We choose lean beef mince which is only 5% fat. The spices in this recipe really boost the hit of antioxidants, which are linked to longevity and reduced inflammation. The sugar snap peas are a great hit of vitamin C while the potatoes and rice offer a nice mix of fast and slow releasing energy.

### Nutritional Info

Calories: 564 kcal  
Carbohydrates: 81.7 g  
Protein: 30.4 g  
Fat: 7.8g

### Ingredients

- White Onion
- Garlic Clove
- Green Chilli
- Ginger
- Lean Beef Mince
- Baby Potatoes
- Spice Mix
- Soy Sauce
- Tomatoes
- Sugarsnap Peas
- Basmati Rice

### Your Pantry

- Olive Oil

### Allergens


Soy (Soy sauce)  
Wheat (Soy sauce)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



# METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



## 1) Boil the kettle and prepare the vegetables

Peel and finely chop the onion. Peel and grate the garlic and grate the ginger (no need to peel). Set aside about half a teaspoon *per person* of the ginger. Split the chilli lengthways and remove the seeds if you like less spice. Finely chop the chilli. Dice the potatoes into very small cubes (approx 1.5-2cm). Cut the sugarsnap peas in half.

## 2) Cook the aromatics

In a large pan, add some oil. Heat to medium heat, and then add the garlic, ginger, chili, and onion. Fry for 4-5 minutes or until translucent and beginning to caramelize. Add the spice mix and continue to cook for 3 minutes, stirring frequently.

## 3) Cook the beef

Add the beef mince to the pan with the spices and fry until browned. Then add the soy sauce, tomatoes and potatoes. Cover and cook for 15-20 minutes, stirring half way through and ensuring the potatoes are as submerged as possible. After 15-20 minutes, add the sugarsnap peas and cook for a further 5 minutes covered, or until the potatoes are tender. Meanwhile....

## 4) Boil the rice

Add the rice with boiling water and a pinch of salt to a saucepan. Cook for 10-12 minutes or until the rice is cooked to your liking.

## 5) Plate the dish

Plate the rice and spoon over the mince. Enjoy with a little mango chutney, if you have some in your pantry.



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