



Pan Fried Smoky Beef with Potato & Eggs

Elevate your culinary experience with the extraordinary flavors of our Pan Fried Smoky Beef with Potato & Eggs recipe. Indulge in a hearty and flavorful meal, this recipe combines perfectly seasoned beef mince, with tender potatoes and creamy eggs. Treat yourself to a culinary delight that marries bold flavors and tender textures.

Nutritional Info

Calories: 800 kcal
Carbohydrates: 79 g
Protein: 39 g
Fat: 39 g

Ingredients

- Beef Mince
- Potatoes
- French Beans
- Onion
- Egg
- Cumin Seeds
- Spice Mix
 - Smoked Paprika
 - Ground Turmeric
 - Sumac

Your Pantry

- Salt
- Pepper
- Olive Oil

Allergens

Egg (Egg)

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) Prepare the Vegetables

Peel and finely chop the onion. Remove the top and the tail from the french beans and cut into small pieces about 2cm in size, then set the onion and french beans aside. Peel and cut the potato into small cubes, about 2cm in size. Before you begin to fry the potatoes put a double layer of kitchen paper on a plate.

2) Fry the Potatoes

Heat a large frying pan over a medium-high heat and pour enough oil to coat the base of the pan. Add the potatoes, spread them out over a single layer and fry for about 12 minutes until cooked through. Turn the pieces over as they cook to ensure that they brown evenly. Once a few sides have cooked, sprinkle the cumin seeds over the potatoes. Remove the potatoes and place them on the kitchen roll.

3) Cook the Beef

Using the same pan and oil, add in the onion and fry for a few minutes until nicely browned. Then add in the beef mince and break it apart with a wooden spoon. Now sprinkle in the spice mix. Season with salt & pepper and cook for a few minutes until the beef is cooked through.

4) Add the French Beans

Add the chopped french beans into the pan, stir and allow them to cook.

5) Cook the Eggs

Make a well in the pan for each egg you're going to cook. Crack the egg into the well. Cover the pan and allow the egg to cook for around 5 minutes or until it's to your liking.

6) Plate the Dish

Season with salt & pepper and serve this straight from the pan.



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