



Beef Sweet Curry

And Rice

A warming and lightly spiced curry made with beef mince, sweet potato and apple, simmered in a fragrant sauce and served over fluffy basmati rice.



25 minutes



4 servings



Beef

FROM YOUR BOX

BASMATI RICE	300g
BEEF MINCE	600g
BROWN ONION	1
GREEN APPLE	1
SWEET POTATO	400g
TOMATOES	2
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder, flour (of choice)

NOTES

Transform this dish into a chilli con carne by using a Mexican spice mix instead of curry. Add some tinned beans and serve with your favourite toppings.

1. COOK THE RICE

Place rice in a saucepan, cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium–low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

2. COOK THE BEEF

Heat a large pan over medium–high heat with **oil**. Add **beef** and cook, breaking up with a spatula. Dice **onion** and add to pan with **1–2 tbsp curry powder** (see notes). Cook for 5 minutes, or until beef is browned and fragrant. Season with **salt and pepper**.

TIP *You can substitute the curry powder with ground cumin and ground turmeric if you prefer a milder flavour. Use curry powder to taste as they can vary in heat.*

3. SIMMER THE CURRY

Grate **apple**. Dice **sweet potato** (1cm) and **tomatoes**. Add all to the pan as you go. Stir in **1 tbsp flour** and **2 cups water**. Cover and bring to a simmer. Cook for 10 minutes or until sweet potato is tender and sauce is thickened. Season to taste with **salt and pepper**.

TIP *For extra sweetness you can add some sultanas to simmer and plump up in the sauce. Stir through 1/3 cup mango chutney at the end for spiced sweetness and depth of flavour.*

4. FINISH AND SERVE

Chop **coriander** and use to garnish curry. Serve over rice.

TIP *Serve with a dollop of yoghurt and squeeze of lime if you have some.*

This recipe has simplified instructions to help lower your meal cost.