



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



# Beef Sweet Curry

## with 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



4/6 servings



Beef

## FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
BEEF MINCE	600g	600g + 300g
BROWN ONION	1	1
GREEN APPLE	1	2
SWEET POTATO	400g	800g
TOMATOES	2	3
CORIANDER	1 packet	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.

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## 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.

**6P** – cover rice with 900ml water.

## 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**.

**6P** – dice onion and add to pan with 3–4 tbsp curry powder (see notes).

**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**.

**6P** – stir in 1 1/2 tbsp flour and 3 1/4 cups water.

**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.**