




Product Spotlight: Chickpea Flour


Chickpea flour, also known as besan flour, is popular in Asian and Indian cuisine. It is high in protein, iron and fibre.



4 Beef Keema Curry with Chickpea Flatbread

Curried beef mince with tomatoes and sweet potato served alongside freshly baked chickpea flatbread.

 40 mins

 2 servings

 Beef

1 March 2021

Spice it up!

You can serve this dish with some chutney or a dollop of natural yoghurt if you want to add a little more excitement to your cooking!

Per serve: **PROTEIN** 57g **TOTAL FAT** 22g **CARBOHYDRATES** 93g

FROM YOUR BOX

CHICKPEA FLOUR	1 packet (150g)
SHALLOT	1
SWEET POTATO	300g *
ZUCCHINI	1/2 *
CHERRY TOMATOES	1/2 bag (200g) *
CURRY LEAVES	2 fronds
BEEF MINCE	300g
TOMATO PASSATA	1 jar

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, garlic cloves (2), cumin seeds, curry powder

KEY UTENSILS

large frypan with lid, oven tray

NOTES

The batter should be thickened before you pour onto the lined tray. You can also add other spices such as fennel seeds and garlic flakes on top before baking.

No beef option - beef mince is replaced with chicken mince.



1. COMBINE FLATBREAD MIX

Set oven to 180°C.

Whisk together chickpea flour and **3/4 cup water**. Set aside for 10 minutes. (see notes)



2. PREPARE THE VEGGIES

Meanwhile, slice the shallot. Dice sweet potato (2cm dice) and zucchini. Chop **2 garlic cloves**.

Quarter tomatoes and keep separate (for garnish).



3. BAKE THE FLATBREAD

Line an oven tray with baking paper and drizzle with **oil** (to prevent sticking). Pour chickpea batter onto tray and spread with spatula (20cm wide). Drizzle over **olive oil**. Sprinkle with **cumin seeds** and **salt**. Bake for 20–25 minutes until golden and crisp around the edges.



4. SAUTÉ THE AROMATICS

Heat frypan over medium-high heat with **1 tbsp oil**. Add shallot, sweet potato and curry leaves. Cook for 5 minutes until shallot has softened.



5. COOK BEEF & SIMMER

Add **1 tbsp curry powder**, garlic and beef mince. Cook for a further 5 minutes. Add zucchini and tomato passata along with **1/4 cup water**. Cover and simmer for 10 minutes. Season to taste with **salt and pepper**.



6. FINISH AND PLATE

Break apart flatbread and divide among bowls with curry. Top with fresh tomatoes.

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