



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### 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

 4 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** 45g **TOTAL FAT** 20g **CARBOHYDRATES** 62g

## FROM YOUR BOX

CHICKPEA FLOUR	1 packet (150g)
RED ONION	1
SWEET POTATO	600g
TOMATOES	2
GREEN CAPSICUM	1
CURRY LEAVES	2 fronds
BEEF MINCE	600g
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 onion. Dice sweet potato (2cm dice) and tomatoes. Chop **2 garlic cloves**.

Dice capsicum 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 **2 tbsp oil**. Add onion, sweet potato and curry leaves. Cook for 5 minutes until onion has softened.



### 5. COOK BEEF & SIMMER

Add **2 tbsp curry powder**, garlic and beef mince. Cook for a further 5 minutes. Add tomatoes and tomato passata along with **1/2 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 capsicum.

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