

Beef Keema



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4-6 portions

INGREDIENTS

Tomato Sauce

100g Onions
10g Garlic
20ml Oil
1 tsp Mixed Herbs
15g Tomato Paste
600g Chopped
Tomatoes
15g Honey or Sugar

120g Onions
120g Carrots
5g Fresh Ginger
10g Garlic
20ml Vegetable Oil
420g Beef Mince
1 tbsp Curry Powder
180g Red Lentils
540ml Cold Water
1 tsp Vegetable
Powder or 1 Stock
Cube
1 tsp Garam Masala
Powder
150g Peas

METHOD

Tomato Sauce

Peel and dice the onions.
Peel and finely chop the garlic.
In a pan heat the oil and cook the diced onions and garlic on a medium heat until soft.
Add the mixed herbs and tomato paste and cook gently for a few more minutes.
Add the chopped tomatoes and honey/sugar, then bring to the boil and simmer for 15 minutes.

Peel and finely dice the onions and carrots.
Peel and chop the ginger and garlic.
Heat the oil in a medium pan and add the onions, ginger, garlic and carrots until softened and browned.
Add the beef mince and fry until browned with no lumps remaining.
Add the curry powder and lentils and cook for 1 minute.
Add the tomato sauce, vegetable stock and water to the mince mix and simmer on a medium heat for 30 minutes until thickened.
Remove any excess oil and add in the garam masala powder and the peas.