



Product Spotlight: Naan Bread

Mughal's naan bread is made here in Perth with a short, clean ingredient list from an authentic recipe. You can freeze them for later if needed!



Indian Beef Naan Bread

Delicious warm naan bread topped with curried beef mince, fresh salad and a garlic yoghurt drizzle. You can enjoy this meal with your hands or a knife and fork!



20 minutes



2 servings



Beef

14 April 2023

Transform it!

Don't feel like Indian? You can transform this into a souvlaki-style dish! Flavour the mince with garlic, smoked paprika and fresh rosemary. Save your curry paste for another day!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	10g	45g

FROM YOUR BOX

CARROT	1
LEBANESE CUCUMBER	1
NAAN BREADS	2-pack
BROWN ONION	1
BEEF MINCE	250g
TOMATO	1
CURRY PASTE SACHET	1
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1/2 garlic clove

KEY UTENSILS

large frypan

NOTES

Add oil to your frypan if it isn't non-stick. Use the whole sachet of curry paste for full flavour or half a sachet for a milder flavour.

No gluten option - naan bread is replaced with gluten-free flatbread. Cut bread in half to make 2 serves. Rub with oil and toast in oven at 200°C for 5 minutes, or on the BBQ for 2 minutes each side. You can rub the bread with the cut side of a garlic clove for extra flavour!



1. PREPARE THE TOPPINGS

Julienne or grate carrot. Dice cucumber. Set aside.



2. TOAST THE NAAN BREAD

Coat naan bread with **oil**. Toast in a frypan over medium-high heat for 1 minute each side. Remove, set aside and keep warm.



3. COOK THE BEEF

Chop onion and add to frypan with beef mince. Chop and add tomato along with curry paste (see notes). Cook for 8-10 minutes, breaking up mince with a spoon as you go.



4. PREPARE THE DRESSING

Meanwhile, crush **1/2 garlic clove**. Combine with yoghurt and **1 tbsp water**. Season with **salt and pepper**.



5. FINISH AND SERVE

Divide naan bread among plates. Top with curried beef, a drizzle of dressing and fresh toppings.



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