

# Spicy Beef



## Ingredients

750g Lean Mince 5% Fat  
 2 x Red Onions  
 1 x Tinned Chopped Tomatoes  
 2 x Tsp Garlic Puree  
 1 x Pouch Brown Rice  
 1 Oxo Cube  
 1 Tsp Olive Oil  
 2 Lrg Handful Frozen Peas  
 2 Lrg Handful Frozen Sweetcorn

### Spices:

1 Tbsp. Curry Powder  
 1 Tbsp. Garam Masala  
 2 Tsp Cumin  
 2 Tsp Paprika  
 1 Tsp Cinnamon

2 Small Avocados  
 4 Chunks Feta Cheese

## Method

Heat a large pan on a medium-high heat.

Chop the onions into small chunks, add the tsp of olive oil into the hot pan and then add the onions and garlic puree.

Leave for 5 minutes, stir occasionally. Get the spices ready in a small bowl and mix all together, season the mince well with salt and pepper.

Crumble the mince into the pan and mix into the onions, sprinkle all the spices into the mince and mix well. Leave the mince to brown for around 5 minutes, stirring occasionally.

Boil the kettle, add the oxo cube to a cup and fill with water up to 3/4.

Add the chopped tomatoes and oxo stock to the pan and stir.

Add in the peas and sweetcorn and stir. Simmer for 15 minutes.

Split the whole pan into 5 tubs. Allow the mix to fully cool before splitting the rice pouch between the 5 tubs. Do not cook the rice, it will cook when you microwave your meal.

Freeze 2 portions. Each day add on some avocado and feta cheese. Total for the week is 2 small avocado and 4 chunks of feta to be split into 5.