



Food's best friend.

Miss Hélène's Kima

This recipe and more from misshelenes.ca

Cook time: Approx. 30 minutes

Makes:

- Serves 4 at 2 cups
- Serves 6 at 1.5 cups
- Serves 12 at $\frac{3}{4}$ cup in a wrap or pita pocket
- Serves 15-20 as appetizers using mini pita pockets allowing 2/person filling with $\frac{1}{4}$ cup per pocket.

Ingredients

Kima

- 2 lbs lean ground beef
- 1 medium onion finely chopped
- 2 tsp salt
- 1 tsp pepper
- 1-2 tbsp Miss Hélène's Curried Favour Seasoning
- 3-4 medium potatoes, diced into 1/2" cubes
- 1 cup rice
- *optional* 1/4 c. finely chopped spinach
- *optional* wraps, standard pita pockets, or mini pita pockets

Yogurt Sauce (Topping)

- 400mL plain yogurt (can substitute sour cream)
- 1 medium tomato
- 1 medium size onion
- (6 inch) cucumber
- 1 small green pepper
- 1/2 of a stalk of celery
- 1 tsp Miss Hélène's Curried Favour Seasoning

Instructions

Kima

1. In a large sauce pan or large frying pan, add ground beef, chopped onions, 1 tsp salt, pepper and 1 tbsp Curried Favour and optional spinach, and cook over medium heat, stirring frequently. If this has finished cooking and is nicely browned before the potatoes and rice are done (in the next two steps), turn off and remove from heat while waiting.
2. Meanwhile, in a sauce pot (for stovetop) or in a large glass bowl (for microwave), add diced potatoes and 1 tsp salt. Add water until potatoes are covered by approx 1/2" of water on top. If



using rice that takes 15-20 minutes or so to cook, also add the rice at this time to the potatoes and water. *If using minute rice do not add the rice yet.*

3. Bring potato mixture to a boil on high, then reduce to medium-high and allow to boil for ten minutes. At this point, if you are using minute rice add it now. Reduce to medium. (During cooking time you can start preparing the Yogurt Topping.) Continue boiling potatoes/rice for another 5-10 minutes until the potatoes and rice are both cooked. At this point all or the majority of the water will have been absorbed. Turn off and remove from heat, if there is too much extra water, drain it.
4. Now add the rice/potato mixture to your ground beef mixture. Combine and mix well adding 1 tbsp or more Curried Favour to taste (some prefer it spicier than others and the topping with help cut the heat if you make your Kima on the spicier side.). Continue to cook Kima over medium heat for approx 5 minutes, until flavours are blended, stirring gently and frequently so it doesn't burn and so you don't mash the potatoes too much. Then turn off and remove from heat.

Yogurt Topping

1. Finely slice and chop onion, tomatoes, cucumber, peppers, celery.
2. Add vegetables and Curried Favour to yogurt. Mix well. Chill until ready to serve. Service approx 1/4 c - 1/3 c on top of Kima.

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