



# Golden Potato Topped Lamb Rogan Josh with Lentils and Yoghurt

25

Calorie Smart 35-40 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



-  Potatoes
-  Carrot
-  Lamb Mince
-  Ground Turmeric
-  Rogan Josh Curry Paste
-  Red Split Lentils
-  Tomato Passata
-  Chicken Stock Paste
-  Low Fat Natural Yoghurt
-  Chilli Flakes

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Frying pan and baking tray.

## Ingredients

| Ingredients                  | 2P       | 3P         | 4P        |
|------------------------------|----------|------------|-----------|
| Potatoes                     | 450g     | 700g       | 900g      |
| Carrot**                     | 1        | 2          | 2         |
| Lamb Mince**                 | 200g     | 300g       | 400g      |
| Ground Turmeric              | 1 sachet | 1½ sachets | 2 sachets |
| Rogan Josh Curry Paste       | 50g      | 75g        | 100g      |
| Red Split Lentils            | 50g      | 75g        | 100g      |
| Tomato Passata               | 1 carton | 1½ cartons | 2 cartons |
| Chicken Stock Paste          | 10g      | 15g        | 20g       |
| Low Fat Natural Yoghurt** 7) | 75g      | 100g       | 150g      |
| Chilli Flakes                | 1 pinch  | 1 pinch    | 2 pinches |
| Pantry                       | 2P       | 3P         | 4P        |
| Water for the Curry*         | 300ml    | 450ml      | 600ml     |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values                 | Per serving | Per 100g    |
|--------------------------------|-------------|-------------|
| <b>for uncooked ingredient</b> | <b>729g</b> | <b>100g</b> |
| Energy (kJ/kcal)               | 2643 /632   | 363 /87     |
| Fat (g)                        | 20.9        | 2.9         |
| Sat. Fat (g)                   | 7.5         | 1.0         |
| Carbohydrate (g)               | 78.9        | 10.8        |
| Sugars (g)                     | 15.2        | 2.1         |
| Protein (g)                    | 34.7        | 4.8         |
| Salt (g)                       | 2.60        | 0.36        |

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel).

Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.



## Curry Up

Meanwhile, stir the **rogan josh curry paste** into the **lamb**. Fry until fragrant, 1 min.

Add the **lentils**, **passata**, **chicken stock paste** and **water for the curry** (see pantry for amount) to the pan, then stir together well.



## Fry the Mince and Carrot

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **lamb mince** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

Once browned, add the **carrot** to the **lamb** and fry until slightly softened, 3-4 mins.



## Simmer and Stir

Bring the **curry** to the boil, then lower the heat and simmer until the **lentils** are tender, 20-25 mins. Add a splash of **water** if it's a little dry and stir occasionally to prevent it from sticking.

When your **curry** is ready, remove it from the heat. Taste and season with **salt** and **pepper** if needed. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Roast the Golden Potatoes

While the **lamb** cooks, pop the **potatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **turmeric**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

Once cooked, remove from your oven and set aside.



## Finish and Serve

When everything's ready, spoon the **lamb and lentil rogan josh** into your bowls and top with the **crispy golden potatoes**.

Spoon a dollop of **yoghurt** on top and sprinkle over the **chilli flakes** (add less if you'd prefer things milder) to finish.

Enjoy!