

Golden Potato Topped Lamb Rogan Josh with Lentils and Yoghurt



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









Potatoes





Lamb Mince



Red Split

Lentils

Chicken Stock



Rogan Josh Curry Paste



Tomato Passata





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

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	11/2 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
for uncooked ingredient	729g	100g
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.

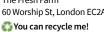
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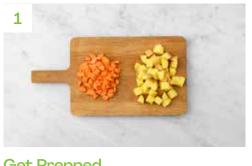
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Get Prepped

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.



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.



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.



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.



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.



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!