



Beef Rogan Josh Style Curry

with Peppers, Ginger Rice and Toasted Almonds

N° 8

FAMILY Hands On Time: 20 Minutes • Total Time: 30 Minutes • 1 of your 5 a day



Onion



Green Pepper



Garlic Clove



Ginger



Basmati Rice



Flaked Almonds



Beef Mince



Honey



Rogan Josh Paste



Tomato Passata



Chicken Stock Powder



Greek Yoghurt

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Saucepan, Measuring Jug and Frying Pan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Green Pepper**	1	2	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Ginger**	1 piece	1 piece	2 pieces
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Flaked Almonds 2)	1 small pot	1 large pot	1 large pot
Beef Mince**	240g	360g	480g
Honey	1 sachet	1 sachet	2 sachets
Rogan Josh Paste	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	2 cartons	2 cartons
Water for the Sauce*	75ml	100ml	150ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Greek Yoghurt 7)**	100g	150g	200g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	557g	100g
Energy (kJ/kcal)	3408 /815	612 /146
Fat (g)	33	6
Sat. Fat (g)	11	2
Carbohydrate (g)	91	16
Sugars (g)	22	4
Protein (g)	37	7
Salt (g)	2.20	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK



1. Get Prepped

Halve, peel and chop the **onion** into small 1cm pieces. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Heat a drizzle of **oil** in a medium saucepan on medium-high heat. Once hot, add **half** the **ginger** and stir-fry for 1 minute.



4. Cook the Peppers

Pop your frying pan back on high heat and add a drizzle of **oil**. Add the **pepper slices**, season with **salt** and **pepper** and stir-fry until charred and slightly softened, 4-5 mins. **TIP: Don't stir too much to allow the peppers to colour.** Once charred, transfer to a plate and pop your pan back on medium-high heat. Add a drizzle of **oil** if the pan is dry.



2. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into the pan with the **ginger** and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



5. Simmer!

Add the **beef mince** and cook until browned, 5-6 mins, using a wooden spoon to break it up as it cooks. Once browned, add the **onion**, stir together with the **mince** and cook until the **onion** has softened, 4-5 mins. Add the **garlic**, **honey**, **rogan josh curry paste** and remaining **ginger**. Stir together and cook for 1 minute. Pour in the **tomato passata** and the **water** (see ingredients for amount). Stir in the **chicken stock powder**, bring to the boil and simmer until the mixture has thickened, 6-8 mins.



3. Toast the Almonds

Heat a large frying pan/saucepan over medium heat (no oil.) Once hot, add the **flaked almonds** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP: Watch them like a hawk as they burn easily.** Transfer the **almonds** to a bowl and set aside.



6. Finish and Serve

Stir the **charred peppers** into the sauce.

IMPORTANT: The mince is cooked when no longer pink in the middle. Taste, and add **salt** and **pepper** if you feel it needs it. Fluff up the **rice** with a fork and spoon into bowls. Top with the **rogan josh** and finish with a dollop of **Greek yoghurt** and a sprinkling of **toasted almonds**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.