

# Beef Rogan Josh Style Curry

with Peppers, Ginger Rice and Toasted Almonds

**FAMILY** 

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









Green Pepper



Garlic Clove





Basmati Rice



Flaked Almonds





Honey



Rogan Josh Paste



Tomato Passata



Stock Powder



**Greek Yoghurt** 

# Before you start

Our fruit, veggies and herbs need a wash before vou 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

<sup>\*</sup>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

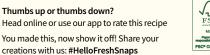
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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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# 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.



# 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 1/4 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).



## 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.



# 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.



# 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.



#### 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.

