



# Bombay-Style Lamb Curry

with Potatoes and Green Beans

**RAPID** 20 Minutes • Little Heat • 1.5 of your 5 a day

Nº 26



Salad Potatoes



Turmeric



Lamb Mince



Shallot



Green Beans



Green Chilli



Baby Plum Tomatoes



Easy Ginger



North Indian Style  
Curry Powder



Mango Chutney



Nigella Seeds



## Before you start

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

### Basic cooking tools, you will need:

Saucepan, Colander, Frying Pan and Measuring Jug.

### Ingredients

	2P	3P	4P
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Turmeric	1 pot	1½ pots	2 pots
Lamb Mince**	200g	300g	400g
Shallot**	1	2	2
Green Beans**	1 small pack	1 large pack	1 large pack
Green Chilli**	½	½	½
Baby Plum Tomatoes	1 large punnet	1 small & 1 large punnet	2 large punnets
Easy Ginger	½ sachet	¾ sachet	1 sachet
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Water*	100ml	150ml	200ml
Mango Chutney	1 pot	1½ pots	2 pots
Nigella Seeds	1 small pot	¾ large pot	1 large pot

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	503g	100g
Energy (kJ/kcal)	1845 / 441	367 / 88
Fat (g)	16	3
Sat. Fat (g)	6	1
Carbohydrate (g)	49	10
Sugars (g)	20	4
Protein (g)	24	5
Salt (g)	0.85	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Cook the Potatoes

**a)** Fill and boil your kettle and fill a large saucepan with the boiling **water**. on high heat.

**b)** Meanwhile, chop the **potato** into 2cm chunks (no need to peel) and add to the saucepan with **half the turmeric** and ½ tsp of **salt**.

**c)** Cook until you can easily slip a knife through, 12-15 mins, then drain in a colander.

**d)** When cooked, return to the pan (off the heat). Keep warm with the lid on.



## 4. Cook the Curry

**a)** Bring to the boil then reduce the heat and simmer until the **beans** are tender, 3-5 mins and the **tomatoes** have broken down.

**b)** Stir through the **mango chutney**. **TIP:** Add a splash of water if the curry is looking dry.



## 2. Fry the Lamb

**a)** Meanwhile, put a large frying pan on medium-high heat (no oil). When hot, add the **lamb mince** and fry until browned, breaking it up with a wooden spoon as it cooks, 3-4 mins.

**IMPORTANT:** The mince is cooked when it is no longer pink in the middle.

**b)** While the **lamb** browns, halve, peel and thinly slice the **shallot**. Trim the **green beans** and chop in half.

**c)** Halve the **chilli** lengthways, deseed then finely chop. Chop the **baby plum tomatoes** in half (or leave them whole if you prefer).



## 5. Flavour the Potatoes

**a)** Season the **lamb** to taste with **salt**, **pepper** and a pinch more **chilli** if needed.

**b)** Stir the **nigella seeds** through the drained **potatoes**.



## 3. Spice it up

**a)** Stir the **shallot** and **green beans** into the **lamb** and cook until starting to soften, 2-3 mins. **TIP:** Add a drizzle of oil if the pan looks dry.

**b)** Stir in the **easy ginger**, **mild curry powder**, remaining **turmeric**, a pinch of **chilli** (careful - you can always add more later!) and the **tomatoes**.

**c)** Cook for a minute before stirring in the **water** (see ingredients for amount).



## 6. Serve

**a)** Using whichever pan is largest, combine the **lamb mixture** with the **potatoes** and gently stir to combine.

**b)** Serve in bowls finished with a sprinkle more **chilli** if needed.

## 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.