

# Bombay Style Lamb Curry

with Potatoes and Green Beans

Calorie Smart

Eat Me Early • 20 Minutes • Medium Spice • 1 of your 5 a day







Salad Potatoes



Lamb Mince



Shallot

Green Chilli

Ginger Puree





**Green Beans** 



**Baby Plum Tomatoes** 





North Indian Style Curry Powder





Nigella Seeds

# Before you start

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

# Cooking tools, you will need:

Kettle, Cutting Board, Saucepan, Colander, Frying Pan, and Bowl.

# Ingredients

	2P	3P	4P	
Salad Potatoes**	350g	500g	700g	
Turmeric	1 sachet	1 ½sachet	2 sachets	
Lamb Mince**	200g	300g	400g	
Shallot**	1	2	2	
Green Beans**	80g	150g	150g	
Green Chilli**	1/2	1/2	1/2	
Baby Plum Tomatoes	250g	375g	500g	
Ginger Puree	½ sachet	¾ sachet	1 sachet	
North Indian Style Curry Powder	1 sachet	1 sachet	2 sachets	
Water*	100ml	150ml	200ml	
Mango Chutney	1 sachet	1½ sachet	2sachets	
Nigella Seeds	1 sachet	2 sachets	2 sachets	
*Not Included **Store in the Fridge				

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	500g	100g
Energy (kJ/kcal)	1780 /425	356/85
Fat (g)	15	3
Sat. Fat (g)	9	2
Carbohydrate (g)	50	10
Sugars (g)	19	4
Protein (g)	25	5
Salt (g)	0.67	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

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.

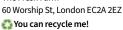
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## Cook the Potatoes

- **a)** Fill and boil your kettle and fill a large saucepan with the boiling **water**. Keep 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.



# Fry the Lamb

- a) Meanwhile, put a large frying pan on mediumhigh 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. Wash your hands after handling raw meat.
- **b)** While the **lamb** browns, halve, peel and thinly slice the **shallot**.
- c) Trim the green beans and chop in half.
- **d)** Halve the **chilli** lengthways, deseed then finely chop.
- **e)** Chop the **baby plum tomatoes** in half (or leave them whole if you prefer).



# Spice It Up

- a) Drain any excess lamb fat, then 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 ginger puree, north Indian style curry powder, remaining turmeric, a pinch of chilli (careful, it's hot you can always add more later!) and the tomatoes.
- **c)** Cook for a minute before stirring in the **water** (see ingredients for amount).



# 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.



# 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**.



### 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.