



# Bombay Style Lamb Curry

with Turmeric Potatoes and Green Beans

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

15



Salad Potatoes



Ground Turmeric



Lamb Mince



Green Beans



Green Chilli



Baby Plum  
Tomatoes



Ginger Puree



North Indian  
Style Spice Mix



Mango Chutney

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Kettle, saucepan and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Salad Potatoes	350g	500g	700g
Ground Turmeric	1 sachet	1½ sachets	2 sachets
Lamb Mince**	200g	300g	400g
Green Beans**	80g	150g	150g
Green Chilli**	½	½	½
Baby Plum Tomatoes	190g	250g	380g
Ginger Puree	½ sachet	¾ sachet	1 sachet
North Indian Style Spice Mix	1 sachet	1 sachet	1 sachet
Mango Chutney	1 sachet	1½ sachets	2 sachets

Pantry	2P	3P	4P
Water for the Curry*	100ml	150ml	200ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving 444g	Per 100g 100g
Energy (kJ/kcal)	1730 / 413	390 / 93
Fat (g)	14.4	3.2
Sat. Fat (g)	6.5	1.5
Carbohydrate (g)	45.1	10.2
Sugars (g)	16.4	3.7
Protein (g)	24.8	5.6
Salt (g)	0.85	0.19

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

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.


## Contact

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1



## Cook the Turmeric Potatoes

**a)** Fill and boil your kettle. Chop the **potatoes** into 2cm chunks (no need to peel).

**b)** Pour the **boiled water** into a large saucepan with half the **turmeric** and **½ tsp salt**.

**c)** Add the **potatoes** to the **water**, then bring back to the boil and cook until you can easily slip a knife through, 12-15 mins.

**d)** Once cooked, drain in a colander and return to the pan, off the heat. Keep warm with the lid on.

4



## Spice It Up

**a)** Once browned, drain any excess fat from the **mince**, then stir in the **green beans**. Cook until starting to soften, 2-3 mins. Add a drizzle of **oil** if the pan looks dry.

**b)** Stir in the **ginger puree**, **North Indian style spice mix**, remaining **turmeric**, some of the **chopped chilli** (careful, it's hot - you can always add more later) and the **tomatoes**.

**c)** Cook for 1 min, then stir in the **water for the curry** (see ingredients for amount).

2



## Fry the Lamb

**a)** Meanwhile, put a large frying pan on medium-high heat (no oil).

**b)** Once hot, add the **lamb mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.*

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## Simmer your Curry

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

**b)** Stir through the **mango chutney**. Add a splash of **water** if it's a little dry.

**c)** Season to taste with **salt**, **pepper** and more **chilli** if needed.

3



## Prep your Veg

**a)** While the **lamb** browns, trim and halve the **green beans**.

**b)** Halve the **chilli** lengthways, deseed, then finely chop.

**c)** Halve the **baby plum tomatoes** (or leave them whole if you'd prefer).

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## Combine and Serve

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

**b)** Serve in bowls garnished with any remaining **chilli** if you'd like.

Enjoy!