












Crispy Potato Topped Lamb Rogan Josh with Soured Cream and Green Chilli

Classic 40 Minutes • Little Spice • 1 of your 5 a day

15



-  Potato
-  Carrot
-  Green Chilli
-  Ground Turmeric
-  Lamb Mince
-  Rogan Josh Paste
-  Red Split Lentils
-  Tomato Passata
-  Chicken Stock Paste
-  Soured Cream

Before you start

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

Cooking tools, you will need:

Baking Tray, Frying Pan, Wooden Spoon, Measuring Jug, Ovenproof Dish, Bowl.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Carrot**	1	2	2
Green Chilli**	1	1	2
Ground Turmeric	1 sachet	1 sachet	1 sachet
Lamb Mince**	200g	300g	400g
Rogan Josh Paste	1 sachet	1½ sachets	2 sachets
Red Split Lentils	50g	75g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Water*	400ml	600ml	800ml
Chicken Stock Paste	10g	15g	20g
Soured Cream7)**	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	583g	100g
Energy (kJ/kcal)	2726 / 652	468 / 112
Fat (g)	27	5
Sat. Fat (g)	11	2
Carbohydrate (g)	72	12
Sugars (g)	12	2
Protein (g)	33	6
Salt (g)	2.47	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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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Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Trim and halve the **carrot(s)** lengthways (no need to peel), then chop into 1cm strips. Chop widthways into small pieces. Halve the **chilli** lengthways, deseed then thinly slice.



Simmer

Stir together and bring the mixture gently to the boil. Simmer until the **lentils** are tender, 20-25 mins. Add a splash of **water** if the mixture is dry. Once cooked, season to taste then transfer to an ovenproof dish.



Roast the Potato

Pop the **potato** on a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Sprinkle over the **turmeric** and toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.** Roast the **potatoes** on the top shelf of your oven until golden and crispy, 25-30 mins, turn halfway through cooking. Once cooked, remove from your oven and set aside.



Bake

Lay the **roasted potatoes** on top of the **lamb curry**, then bake in your oven until the mixture is bubbling, 4-5 mins.



Start the Lamb

Meanwhile, heat a frying pan on medium-high heat (no **oil**). Once hot, add the **lamb** and season with **salt** and **pepper**. Fry until browned, 4-5 mins. Use a spoon to break it up as it cooks. **IMPORTANT: The mince is cooked when it is no longer pink in the middle.** Add the **carrot** to the **lamb** and fry until the **carrot** softens slightly, 3-4 mins. Stir in the **rogan josh paste** and **half the green chilli** (add less if you don't like heat). Cook for 1 minute, then add the **lentils**, **passata**, **water** (see ingredient list for amount) and **chicken stock paste**.



Serve

Remove from your oven, stir through some of the **soured cream** and sprinkle over the remaining **green chilli**. Spoon into bowls, then drizzle over the remaining **soured cream** (and more **chilli** for anyone that likes things extra spicy).

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.