

Indian Spiced Lamb Kofta Loaded Naan

with Roasted Peppers, Mint Yoghurt and Wedges

Street Food 40-50 Minutes • Mild Spice • 2 of your 5 a day



Potatoes



Ground Cumin



Mint



Greek Style
Natural Yoghurt



Garlic Clove



Bell Pepper



Panko Breadcrumbs



Rogan Josh
Curry Paste



Lamb Mince



Red Onion



Baby Plum
Tomatoes



Plain Naan

Before you start

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

Cooking tools

Baking tray, bowl, garlic press and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------------|----------|------------|-----------|
| Potatoes | 450g | 700g | 900g |
| Ground Cumin | 1 sachet | 1 sachet | 2 sachets |
| Mint** | 1 bunch | 1 bunch | 1 bunch |
| Greek Style Natural Yoghurt** 7) | 75g | 120g | 150g |
| Garlic Clove** | 2 | 3 | 4 |
| Bell Pepper*** | 1 | 2 | 2 |
| Panko Breadcrumbs 13) | 10g | 20g | 25g |
| Rogan Josh Curry Paste | 1 sachet | 1½ sachets | 2 sachets |
| Lamb Mince** | 300g | 400g | 600g |
| Red Onion** | 1 | 1 | 2 |
| Baby Plum Tomatoes | 125g | 190g | 250g |
| Plain Naan 7) 13) | 2 | 3 | 4 |

| Pantry | 2P | 3P | 4P |
|----------------------------|--------|---------|--------|
| Salt for the Breadcrumbs* | ¼ tsp | ½ tsp | ½ tsp |
| Water for the Breadcrumbs* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Water for the Sauce* | 50ml | 75ml | 100ml |

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------------|------------------|
| Energy (kJ/kcal) | 783g / 4016 / 960 | 100g / 513 / 123 |
| Fat (g) | 33.6 | 4.3 |
| Sat. Fat (g) | 12.7 | 1.6 |
| Carbohydrate (g) | 119.0 | 15.2 |
| Sugars (g) | 19.0 | 2.4 |
| Protein (g) | 46.6 | 6.0 |
| Salt (g) | 2.74 | 0.35 |

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

Allergens

7) Milk 13) Cereals containing gluten

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.

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Cook the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **cumin**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Roast and Slice

When the **potatoes** are about halfway through cooking, roast the **koftas** and **pepper** on the top shelf of your oven until the **koftas** are browned on the outside and cooked through and the **pepper** is tender, 12-15 mins. **IMPORTANT:** The koftas are cooked when no longer pink in the middle.

Meanwhile, halve, peel and thinly slice the **red onion**. Halve the **tomatoes**.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.



Get Prepped

Meanwhile, pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

In a small bowl, mix **half** the **yoghurt** with **half** the **mint**. Season with **salt** and **pepper**, then set the **mint yoghurt** aside.

Peel and grate the **garlic** (or use a garlic press).

Halve the **pepper** and discard the core and seeds. Slice into thin strips, then pop onto one half of another baking tray. Drizzle with **oil** and season with **salt** and **pepper**.



Spice up the Veg

Once hot, add the **onion** and **tomatoes** to the pan. Season with **salt**, **pepper** and a pinch of **sugar** (if you have any). Cook, stirring occasionally, until softened, 6-8 mins.

Stir in the remaining **rogan josh curry paste**, remaining **yoghurt** and **water for the sauce** (see ingredients for amount).

Bring to the boil, then lower the heat and simmer until thickened, 2-3 mins.

Meanwhile, sprinkle the **naans** with a little **water** and pop them into the oven to warm through, 2-3 mins.



Make your Koftas

In a large bowl, combine the **breadcrumbs**, **garlic**, **half** the **rogan josh curry paste**, **salt** and **water for the breadcrumbs** (see ingredients for both amounts), then add the **lamb mince**.

Season with **pepper** and mix together with your hands.

Shape into mini **sausage** shapes, 4 per person. Flatten to make **koftas**.

Pop onto the other side of the **pepper** baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Assemble and Serve

Once the **sauce** has thickened, stir through the **cooked koftas** and **pepper**. Add a splash more **water** if needed.

When everything's ready, share the **naans** out between your plates and top with the **koftas** and **veg**. Dollop over the **mint yoghurt** and sprinkle with the remaining **mint** to finish.

Serve the **wedges** alongside.

Enjoy!