



More Than Food
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Lamb and Chickpea Curry

You will love this mouthwatering curry as it is really easy and quick to prepare! This curry is spiced with Sri Lankan curry powder and flavoured with ginger, garlic, coriander, mustard seeds and star anise! These herbs and spices are the stars of the dish and make, what is a really simple meal, fresh and delicious. You will favour it every time over your local takeaway!



30 mins



5 of your
5 a day



spicy



Lamb Mince
(250g)



Red Onion (1)



Yellow Pepper (1)



Ginger (1)



Garlic Clove (1)



Basmati Rice
(175g)



Star Anise (1)



Water for the Rice
(350ml)



Mustard Seeds
(1 tsp)



Sri Lankan Curry
Powder (1½ tsp)



Tomato Passata
(1 carton)



Chicken Stock
Pot (½)



Water for the
Curry (200ml)



Coriander
(1 bunch)



Chickpeas
(1 tin)




Baby Spinach
(1 bag)

2 PEOPLE INGREDIENTS

- Lamb Mince **250g**
- Red Onion, sliced **1**
- Yellow Pepper, sliced **1**
- Ginger, grated **1**
- Garlic Clove, grated **1**
- Basmati Rice **175g**
- Star Anise **1**
- Water for the Rice **350ml**

Allergens: Mustard.

- Mustard Seeds **1 tsp**
- Sri Lankan Curry Powder **1½ tsp**
- Tomato Passata **1 carton**
- Chicken Stock Pot **½**
- Water for the Curry **200ml**
- Coriander, chopped **1 bunch**
- Chickpeas **1 tin**
- Baby Spinach **1 bag**

 Our fruit and veggies may need a little wash before cooking!

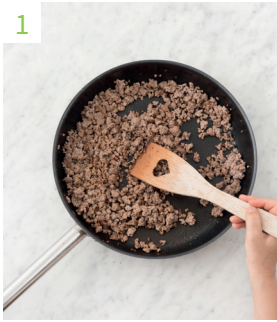
Did you know...

Ancient Egyptians kept coriander in their tombs, as they believed it could be used as a food in the afterlife.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	667 kcal / 3017 kJ	19 g	7 g	97 g	14 g	42 g	3 g
Per 100g	90 kcal / 408 kJ	3 g	1 g	13 g	2 g	6 g	0 g

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract



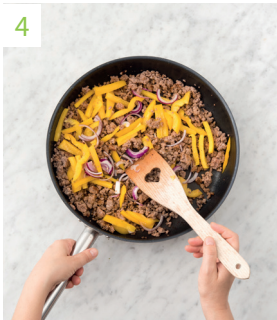
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1 Heat a wide bottomed frying pan on medium-high heat. Pop the **lamb mince** into the pan and cook for 8-10 mins until browned. Use a spoon to break it up, then get on with the rest of your prep.



2

2 Cut the **red onion** in half through the root. Peel and then slice into thin half moon shapes. Remove the core from the **yellow pepper** and thinly slice. Peel and grate the **ginger** and **garlic** (or use a garlic press if you have one).



4

3 Pop the **basmati rice** and **star anise** in a pot with a good pinch of **salt**. Pour in the **water** (amount specified in the ingredient list) and put the pot on high heat. When boiling, reduce the heat to medium, cover with a lid and leave your **rice** to cook for 10 mins. After 10 mins, remove the pot from the heat and leave to one side for another 10 mins (with the lid still on). Your **rice** will finish cooking in its own steam.

4 When your **mince** has browned add the **mustard seeds**, **onion** and **pepper**. Cook for 5 mins and then add the **Sri Lankan curry powder**, **ginger** and **garlic**. Cook for 1 minute more and then add the **tomato passata**. Bring to the boil, then add the **chicken stock pot** and the **water** (amount specified in the ingredient list). This is your curry!



7

5 Lower the heat until your curry is simmering gently and cook for 10-15 mins or until it has reduced by half.

6 As your **curry** cooks, finish off your last couple of jobs and then get any washing up done. Roughly chop the **coriander** and drain the **chickpeas** in a colander and rinse under cold water.

7 When your curry has thickened, add your **chickpeas** and **baby spinach**. Cook for 2 mins to ensure your **chickpeas** are piping hot and then remove from the heat. Taste your **curry** and add more **salt** and **black pepper** if necessary. Stir in your **coriander**.

8 Remove your **star anise** from your **rice** and fluff up your **rice** with a fork. Check the seasoning and add more **salt** if necessary.

9 Spoon your **rice** onto your plates and serve your **lamb and chickpea curry** on top. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!