

# LAMB AND CORIANDER CURRY

with Fragrant Rice





#### **HELLO CORIANDER**

Know a coriander hater? Around 14% of people carry a gene which makes this herb taste soapy to them!





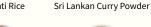


Red Pepper





Basmati Rice







Chicken Stock Powder

Ginger

Tomato Passata



Coriander





Smoked Paprika Powder

30 mins





Medium heat

You'll love how quick and easy it is to prepare this mouth-watering curry of tender lamb. Sri Lankan curry powder combines with ginger to tingle all your taste buds whilst coriander keeps things fresh. Time to throw away those takeaway menus!

### START

Our fruit and veggies need a little wash before you use them! Make sure you've got a Frying Pan, Fine Grater, Measuring Jug, and Large Saucepan (with a Lid). Now, let's get cooking!



Put a frying pan on medium-high heat and add the **lamb mince** (no oil). Fry until browned, breaking it up with a wooden spoon as it cooks, 8-10 mins. Drain off any excess fat if necessary.



PREP THE VEGGIES
Halve, peel and thinly slice the red
onion. Halve the pepper and remove the core
and seeds. Slice into thin strips. Peel and grate
the ginger. Trim the courgette then quarter
lengthways. Chop widthways into small pieces.



Pour the water (see ingredients for amount) for the rice into a large saucepan and bring to the boil. When boiling, add a pinch of salt, then stir in the rice and courgette, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



MAKE THE CURRY
When the lamb has browned, add the onion and pepper. Cook for 5 mins. Add the ginger, Sri Lankan curry powder and smoked paprika. Cook for 1 minute more. Add the tomato passata and bring to the boil. Lastly add the chicken stock powder and water (see ingredients for amount). Lower the heat and simmer gently until the liquid has reduced by half, 15-20 mins. IMPORTANT: The mince is cooked when it is no longer pink in the middle.



Meanwhile, roughly chop the coriander (stalks and all). When the curry has reduced by half, remove from the heat. Taste the sauce and add salt and pepper if necessary. Stir in half the coriander.



FINISH AND SERVE
Take the lid off the rice and fluff it up with a fork. Season to taste with salt and pepper.
Spoon the rice onto plates and serve your lamb and coriander curry on top. Finish with a sprinkling of remaining coriander. Enjoy!

## INGREDIENTS

	2P	3P	4P
Lamb Mince *	200g	300g	400g
Red Onion *	1	1	2
Red Pepper <b>*</b>	1	1½	2
Ginger <b>*</b>	½ piece	¾ piece	1 piece
Basmati Rice	150g	225g	300g
Sri Lankan Curry	1 small	¾ large	1 large
Powder	pot	pot	pot
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Coriander *	1 bunch	1 bunch	1 bunch
Courgette *	1	1½	2
Smoked Paprika	1 small	¾ large	1 large
	pot	pot	pot
Water for the Curry*	200ml	300ml	400ml
Water for the Rice*	300ml	450ml	600ml

\*Not Included

\* Store in the Fridge

NUTRITION FOR JNCOOKED INGREDIENT	PER SERVING 549G	PER 100G		
Energy (kJ/kcal)	2443 /584	445 /106		
Fat (g)	16	3		
Sat. Fat (g)	6	1		
Carbohydrate (g)	81	15		
Sugars (g)	18	3		
Protein (g)	29	5		
Salt (g)	1.02	0.19		

Nutrition for uncooked ingredients based on 2 person recipe.

(i) Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

#### THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:









HelloFresh UK

The Fresh Farm 60 Worship St, London EC2A 2EZ



Packed in the UK

YOU CAN RECYCLE ME!