



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!



Lamb Mince



Red Onion



Red Pepper



Ginger



Basmati Rice



Sri Lankan Curry Powder



Tomato Passata



Chicken Stock Powder



Coriander



Courgette



Smoked Paprika Powder

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!

30 mins

3.5 of your 5 a day

Medium heat

MEAL BAG



BEFORE YOU 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!



1 BROWN THE LAMB

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.



2 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.



3 COOK THE RICE

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).



4 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.*



5 ADD THE CORIANDER

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**.



6 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!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Lamb Mince *	200g	300g	400g
Red Onion *	1	1	2
Red Pepper *	1	1½	2
Ginger *	½ piece	¾ piece	1 piece
Basmati Rice	150g	225g	300g
Sri Lankan Curry Powder	1 small pot	¾ large pot	1 large 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 pot	¾ large pot	1 large pot
Water for the Curry*	200ml	300ml	400ml
Water for the Rice*	300ml	450ml	600ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED 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.

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?

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