



Lamb and Mushroom Curry

with Basmati Rice and Coriander

Customer Favourites 30 Minutes • Medium Spice • 1 of your 5 a day

36



Closed Cup
Mushrooms



Shallot



Garlic Clove



Coriander



Basmati Rice



Ground Coriander



Lamb Mince



North Indian-Style
Curry Powder



Finely Chopped
Tomatoes



Chicken Stock Powder

Before you start

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

Cooking tools, you will need:

Measuring Jug, Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Closed Cup Mushrooms**	150g	225g	300g
Shallot**	1	1	2
Garlic Clove**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Basmati Rice	150g	225g	300g
Ground Coriander	1 small pot	1 large pot	2 small pots
Lamb Mince**	200g	300g	400g
North Indian-Style Curry Powder	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for the Curry*	50ml	75ml	100ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	491g	100g
Energy (kJ/kcal)	2336/558	475/114
Fat (g)	15	3
Sat. Fat (g)	6	1
Carbohydrate (g)	74	15
Sugars (g)	10	2
Protein (g)	30	6
Salt (g)	2.83	0.58

Nutrition for uncooked ingredients based on 2 person recipe.

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Get Prepped

Preheat the oven to 200°C. Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. Peel, halve and thinly slice the **shallot**. Thinly slice the **mushrooms**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



Cook the Rice

When the **water** is boiling, add 0.25 tsp of **salt**, stir in the **rice**, 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).



Fry the Mushrooms

Heat a drizzle of oil in a large frying pan on medium high heat and add the mushrooms and the ground coriander. Stir and cook until browned, 4-5 mins, season with salt and pepper and then remove to a bowl.



Start the Curry

Pop your frying pan back on medium high heat (no need to add anymore **oil**). Once hot, add the **lamb** and season with **salt** and **pepper**. Cook until browned, 5-6 mins. Break it up with a spoon as it cooks. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle. Once the **mince** is brown, drain and discard any excess **oil** in the pan, then lower the heat slightly and add the **shallot**. Cook until softened, 3-4 mins then stir in the **garlic** and **North Indian-style curry powder**. Cook for 30 seconds.



Cook the Curry

Add the **finely chopped tomatoes**, **water** for the curry (see ingredients for amount) and the **stock powder** to the **lamb**. Stir to dissolve the **stock**, bring to the boil, then lower the heat and simmer until the curry is thick and tomatoey, 8-10 mins. Stir occasionally.



Finish Up

Stir the **mushrooms** into the **curry** and cook until piping hot, 1-2 mins. Mix in **half** the **coriander** and season to taste with **salt** and **pepper**. Fluff up the **rice** with a fork then serve in bowls with the **curry** spooned on top. Sprinkle over the remaining **coriander**.

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.