



# Lamb Fried Rice

with Turmeric Yoghurt and Nigella Seeds

Extra Rapid 10 Minutes • Medium Spice • 2 of your 5 a day

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Lamb Mince



Onion



Coriander



Ginger Purée



Rogan Josh Paste



Steamed Basmati Rice



Baby Spinach



Plain Naan



Natural Yoghurt



Ground Turmeric



Nigella Seeds

## Before you start

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

## Cooking tools, you will need:

Frying Pan,

## Ingredients

	2P	3P	4P
Lamb Mince**	20g	300g	400g
Onion**	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Ginger Purée**	1 sachet	1 sachet	2 sachets
Rogan Josh Paste	1 sachet	1½ sachets	2 sachets
Steamed Basmati Rice	1 pack	2 packs	2 packs
Baby Spinach**	1 small bag	1 large bag	2 small bags
Plain Naan <b>7) 13)</b>	2	3	4
Natural Yoghurt <b>7)**</b>	75g	100g	150g
Ground Turmeric	½ pot	¾ pot	1 pot
Nigella Seeds	1 pot	1 pot	1 pot

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>535g</b>	<b>100g</b>
Energy (kJ/kcal)	3366 / 805	629 / 150
Fat (g)	26	5
Sat. Fat (g)	8	2
Carbohydrate (g)	105	20
Sugars (g)	12	2
Protein (g)	37	7
Salt (g)	2.36	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7) Milk 13)** Gluten

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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2



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## Get Started

- Heat a frying pan on a medium-high heat (no oil).
- Once hot, add the **lamb mince** and cook, breaking it up with a wooden spoon until browned, 5-6 mins. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*
- Meanwhile, halve, peel and chop the **onion** into small pieces
- Roughly chop the **coriander** (stalks and all).
- Add the **onion** to the pan with the **lamb** and fry until softened, 2-3 mins.

## Get Spicy

- Preheat the grill.
- Add the **ginger purée** and **curry paste** to the **lamb** and stir to coat the **mince**.
- Add the **steamed rice** and break it up with a spoon, then stir in the **spinach** a handful a time until wilted, 2-3 mins.
- Stir in **half** the **coriander** and cook until the **rice** is piping hot.
- Pop the **naans** under the grill until warmed through, 2-3 mins.

## Finish Off

- Meanwhile, pop the **yoghurt** and **turmeric** in a small bowl and mix well to combine. Season with **salt** and **pepper**.
- Divide the **rice** between bowls
- Drizzle the **turmeric yoghurt**
- Sprinkle over the **nigella seeds** and 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.