



Lamb on Naans with Raita and Mango Chutney

with Nigella Seed Wedges and Crunchy Salad

Nº 24

STREET FOOD 35 Minutes • Medium Spice • 2.5 of your 5 a day



Potatoes



Nigella Seeds



Red Onion



Korma
Curry Paste



Baby Plum
Tomatoes



Cucumber



Coriander



Red Chilli



Lemon



Mint



Natural Yoghurt



Lamb Mince



Naan



Mango Chutney

Before you start

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

Basic cooking tools, you will need:

Two Baking Trays and Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Nigella Seeds	½ pot	¾ pot	1 pot
Red Onion**	1	1	2
Korma Curry Paste 9)	1 sachet	2 sachets	2 sachets
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Cucumber**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Lemon**	½	¾	1
Mint**	1 bunch	1 bunch	1 bunch
Natural Yoghurt 7)**	150g	225g	300g
Lamb Mince**	300g	500g	600g
Naan 7) 13)	4	6	8
Mango Chutney	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	858g	100g
Energy (kJ/kcal)	3943 /943	459 /110
Fat (g)	32	4
Sat. Fat (g)	11	1
Carbohydrate (g)	117	14
Sugars (g)	29	3
Protein (g)	48	6
Salt (g)	2.80	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 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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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Cook the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide **wedges** (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, scatter over the **nigella seeds**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



4. Make the Raita

Scoop out the **seeds** from the remaining **cucumber** and discard them. Chop the **cucumber** into 1cm wide strips, then chop into small pieces. Pop into a medium bowl. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks) and add to the bowl with the chopped **cucumber**. Add **half the natural yoghurt** and a squeeze of **lemon juice**. Season with **salt** and **pepper** and mix together. Set aside.



2. Prep the Red Onion

Halve, peel and cut the **red onion** into 2cm **wedges**. Pop the **onion wedges** on a medium baking tray and add a **quarter** of the **korma paste**, season with **salt** and **pepper** and mix well to coat. Halfway through the **potato** cooking time, bake the **onions** on the middle shelf of your oven until the **onion wedges** are tender, 12-15 mins.



5. Fry the Lamb

Heat a large frying pan on high heat. When hot, add the **lamb mince** and cook until browned, 5-6 mins. Use a wooden spoon to break it up as it cooks. **TIP:** Fry the lamb in batches if you need to. **IMPORTANT:** The mince is cooked when no longer pink in the middle. When the **lamb** is cooked add the remaining **korma paste** to the pan. Mix well and cooking until piping hot. Remove from the heat and stir in the remaining **yoghurt**.



3. Make the Salad

Meanwhile, halve the **tomatoes** and pop into a medium bowl. Halve the **cucumber** lengthways, then thinly slice one half widthways into half moons (we'll prep the rest in the next step). Pop the **cucumber** into the bowl with the **tomatoes**. Roughly chop the **coriander** (stalks and all) and add to the bowl. Halve the **chilli** lengthways, deseed then finely chop and add to the bowl (careful it's spicy). Halve the **lemon** and add a squeeze of **lemon juice** to the bowl with the **cucumber** and **tomatoes**. Season with **salt** and **pepper** and mix well. Set aside.



6. Finish Up!

When everything is nearly ready, pop the **naans** in the oven alongside the **wedges** until warmed through, 2-3 mins. Divide the **naans** between plates, top with the **lamb korma** and **onion**, spoon over the **raita** and the **mango chutney**. Serve with the **wedges** and **salad** alongside.

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.