

Lamb Rogan Josh and Basmati Jumble

with Mango Chutney Yoghurt

Rapid

20 Minutes • 1 of your 5 a day











Baby Plum Tomatoes

Red Onion



Green Beans







Lamb Mince

Basmati Rice



Chicken Stock Paste



Rogan Josh Curry Paste

Natural Yoghurt



Mango Chutney

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Large Saucepan, Frying Pan, Wooden Spoon, Sieve, Measuring Jug, Bowl.

Ingredients

	2P	3P	4P	
Red Onion**	1	1	2	
Baby Plum Tomatoes	125g	190g	250g	
Green Beans**	80g	150g	150g	
Lamb Mince**	200g	300g	400g	
Basmati Rice	150g	225g	300g	
Rogan Josh Curry Paste	1 sachet	1½ sachets	2 sachets	
Water for Lamb*	100ml	150ml	200ml	
Chicken Stock Paste	10g	15g	20g	
Natural Yoghurt 7) **	75g	120g	150g	
Mango Chutney	1 sachet	11/2 sachets	2 sachets	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	419g	100g
Energy (kJ/kcal)	2719 /650	650 /155
Fat (g)	20	5
Sat. Fat (g)	7	2
Carbohydrate (g)	85	20
Sugars (g)	20	5
Protein (g)	31	7
Salt (g)	2.29	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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

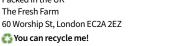
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Get Prepped

- a) Bring a large saucepan of water to the boil with 1/4 tsp of salt for the rice.
- b) Halve, peel and chop the red onion into small pieces.
- c) Halve the baby plum tomatoes.
- d) Trim the green beans then chop into thirds.



Get Cooking

- a) Heat a frying pan on high heat (no oil). When hot, add the lamb mince and cook until browned, 3-4 mins.
- **b)** Use a spoon to break it up as it cooks. Once browned, drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince.
- c) Meanwhile, when the water is boiling, add the rice and cook for 12 mins. Drain in a sieve.



Add the Flavour

- a) Once the mince has browned, add the onion and green beans and cook, stirring regularly, until the onion has softened, 3-4 mins.
- **b)** Add the rogan josh curry paste and cook, stirring, for 1 min.
- c) Add the tomatoes and cook, stirring, until they start to soften, 2 mins.
- d) Pour in the water for the lamb (see ingredients for amount) and chicken stock paste, season with salt and pepper and bring to a simmer. Cook until the **beans** are tender and the sauce has thickened, 3-4 mins. **IMPORTANT**: The mince is cooked when no longer pink in the middle.



Mango Yoghurt Time

- a) Meanwhile, pop the yoghurt into a small bowl.
- b) Add half the mango chutney, season with salt and pepper and mix together.



Finish Up

- a) When the rice is cooked, drain it really well in a sieve and add to the lamb mixture.
- **b)** Add the remaining mango chutney.
- c) Mix together until combined.
- d) Taste and season with salt and pepper. TIP: Add a splash more water if dry.



Serve

- a) Divide the jumble between your plates.
- b) Spoon over the mango chutney yoghurt.

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.