



Lamb Rogan Josh and Basmati Jumble with Mango Chutney Yoghurt

Rapid 20 Minutes • 1 of your 5 a day

15



Red Onion



Baby Plum Tomatoes



Green Beans



Lamb Mince



Basmati Rice



Rogan Josh Curry Paste



Chicken Stock Paste



Natural Yoghurt



Mango Chutney

Before you start

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

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	1½ 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

- Bring a large saucepan of **water** to the boil with **¼ tsp** of **salt** for the **rice**.
- Halve, peel and chop the **red onion** into small pieces.
- Halve the **baby plum tomatoes**.
- Trim the **green beans** then chop into thirds.



Mango Yoghurt Time

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



Get Cooking

- Heat a frying pan on high heat (no **oil**). When hot, add the **lamb mince** and cook until browned, 3-4 mins.
- 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.
- Meanwhile, when the **water** is boiling, add the **rice** and cook for 12 mins. Drain in a sieve.



Finish Up

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



Add the Flavour

- Once the **mince** has browned, add the **onion** and **green beans** and cook, stirring regularly, until the **onion** has softened, 3-4 mins.
- Add the **rogan josh curry paste** and cook, stirring, for 1 min.
- Add the **tomatoes** and cook, stirring, until they start to soften, 2 mins.
- 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.



Serve

- Divide the **jumble** between your plates.
- 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.