



# 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



Basmati Rice



Lamb Mince



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:

Frying Pan, Bowl, Saucepan and Sieve.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Baby Plum Tomatoes**	125g	190g	250g
Green Beans**	80g	150g	150g
Basmati Rice	150g	225g	300g
Lamb Mince**	200g	300g	400g
Rogan Josh Curry Paste	1 sachet	1½ sachets	2 sachets
Water for Lamb*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Natural Yoghurt**	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

Thumbs up or thumbs down?

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## Get Prepped

- Bring a large saucepan of **water** to the boil with **¼ tsp 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**, then mix together.



## Start Cooking

- When the **water** is boiling, add the **rice** and cook until tender, 12 mins. Drain in a sieve when ready.
- Meanwhile, 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, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



## Combine Together

- Add the **drained rice** and remaining **mango chutney** to the **lamb mixture**.
- Mix well to combine.
- Taste and season with **salt** and **pepper**.  
**TIP:** Add a splash more water if it's a little dry.



## Add the Flavour

- Once the mince has browned, add the **onion**. Cook, stirring regularly, until softened, 3-4 mins.
- Add the **rogan josh curry paste** and cook, stirring, for 1 min.
- Add the **tomatoes, green beans, water for the lamb** (see ingredients for amount) and **chicken stock paste**. Season with **salt** and **pepper**.
- Cover with a lid (or foil) and simmer, stirring occasionally, until the **tomatoes** have softened, the **beans** are tender, 5-7 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Serve

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