



North Indian Style Lamb and Lentil Curry

with Turmeric Rice and Spinach

N° 10

RAPID 20 Minutes • Medium Spice • 1 of your 5 a day



Basmati Rice



Ground Turmeric



Lamb Mince



Beef Mince



Onion



Red Chilli



Garlic Clove



Lentils



Mild Indian Style Spice Mix



Tomato Passata



Chicken Stock Powder



Baby Spinach



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Basic cooking tools, you will need:

Saucepan, Sieve, Frying Pan, Fine Grater (or Garlic Press), Sieve and Measuring Jug.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Ground Turmeric	½ pot	1 pot	1 pot
Lamb Mince**	200g	300g	400g
Beef Mince**	240g	360g	480g
Onion**	1	1	2
Red Chilli**	½	1	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Lentils	1 carton	1½ cartons	2 cartons
Mild Indian Style Spice Mix	1 large pot	1 large & 1 small pot	2 large pots
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Curry*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Baby Spinach**	1 small bag	1 large bag	2 small bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	533g	100g
Energy (kJ/kcal)	2753 /658	516 /123
Fat (g)	15	3
Sat. Fat (g)	7	1
Carbohydrate (g)	91	17
Sugars (g)	10	2
Protein (g)	36	7
Salt (g)	2.71	0.51
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	553g	100g
Energy (kJ/kcal)	2987 /714	540 / 129
Fat (g)	20	4
Sat. Fat (g)	8	1
Carbohydrate (g)	90	16
Sugars (g)	10	2
Protein (g)	40	7
Salt (g)	2.62	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

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.

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1. Cook the Rice!

a) Bring a large saucepan of **water** to the boil with a ¼ tsp of **salt** for the rice.

b) When boiling, add the **rice** and **half** the **turmeric**, cook until tender, 12 mins. Drain in a sieve.



4. Simmer!

a) Add the **passata**, **water** (see ingredients for amount) and **stock powder** to the pan and stir together.

b) Stir in the **lentils**, season with **salt** and **pepper**, add a pinch of **sugar** and simmer until thickened, 4-5 mins.

c) TIP: Add a splash of water if you feel it needs loosening.



2. Fry the Mince!

a) Heat a large frying pan on high heat (no oil). When the pan is hot, add the **lamb mince** and cook until browned, 5-6 mins. Use a wooden spoon to break it up as it cooks. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

b) Meanwhile, halve, peel and chop the **onion** into small pieces.

c) Once the **lamb** has browned, stir the **onion** into the pan with the **lamb** and cook, stirring, until the **onion** is starting to soften, 3-4 mins.



CUSTOM RECIPE

If you've chosen **beef mince** instead of lamb mince, add a drizzle of oil to the frying pan in the step above, then cook it in the same way the step above and the rest of the recipe tells you to cook the lamb mince.



5. Finish Up!

a) Add the **spinach** a handful at a time and cook until wilted and piping hot, 2-3 mins.

b) Taste and season with **salt** and **pepper** if needed.



3. Add Flavour!

a) While the onion cooks, halve the **chilli** lengthways, deseed then finely chop.

b) Peel and grate the **garlic** (or use a garlic press).

c) Drain and rinse the **lentils** in a sieve.

d) Once the **onion** has softened, add the **curry powder**, **garlic** and **half** the **chilli** and remaining **turmeric** and cook, stirring, for 1 minute.



6. Serve!

a) Divide the **turmeric rice** between bowls.

b) Top with the **curry** on top with any remaining **chilli**.

Enjoy!