



North Indian-Style Lamb and Lentil Curry with Turmeric Rice and Spinach

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

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Basmati Rice



Ground Turmeric



Lamb Mince



Onion



Red Chilli



Garlic Clove



Lentils



North Indian-Style
Curry Powder



Tomato Passata



Chicken Stock Powder



Baby Spinach

Before you start

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

Cooking tools, you will need:

Saucepan, Sieve, Frying Pan, Chopping Board, Sharp Knife and Fine Grater (or Garlic Press).

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Ground Turmeric	½ pot	1 pot	1 pot
Lamb Mince**	200g	300g	400g
Onion**	1	1	2
Red Chilli**	½	1	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Lentils	1 carton	1½ cartons	2 cartons
North Indian-Style Curry Powder	1 large pot	1 small & 1 large 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**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	533g	100g
Energy (kJ/kcal)	2796 /668	525 /125
Fat (g)	16	3
Sat. Fat (g)	7	1
Carbohydrate (g)	92	17
Sugars (g)	10	2
Protein (g)	37	7
Salt (g)	1.81	0.34

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.

Contact

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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 for until tender, 12 mins. Drain in a sieve.



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



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, using a wooden spoon to break it up, 5-6 mins. **IMPORTANT:** The mince is cooked when it is 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 and cook, stirring, until the **onion** is starting to soften, 3-4 mins.



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.



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.



Serve

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

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

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.