



# North Indian Style Lamb and Lentil Curry with Rice and Spinach

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

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-  Basmati Rice
-  Lamb Mince
-  Onion
-  Garlic Clove
-  Brown Lentils
-  North Indian Style Curry Powder
-  Tomato Passata
-  Chicken Stock Powder
-  Baby Spinach
-  Natural Yoghurt



## Before you start

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

## Cooking tools, you will need:

Saucepan, Sieve, Frying Pan, Wooden Spoon, Garlic Press, Measuring Jug, Bowl.

## Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Lamb Mince**	200g	300g	400g
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Brown Lentils	1 carton	1½ cartons	2 cartons
North Indian Style Curry Powder	1 pot	2 pots	2 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
Natural Yoghurt 7)**	75g	100g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>564g</b>	<b>100g</b>
Energy (kJ/kcal)	2876 /687	510 /122
Fat (g)	16	3
Sat. Fat (g)	7	1
Carbohydrate (g)	94	17
Sugars (g)	12	2
Protein (g)	38	7
Salt (g)	1.86	0.33

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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## Cook the Rice

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

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



## 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.

**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.



## Add Flavour

**a)** While the **onion** cooks, peel and grate the **garlic** (or use a **garlic** press).

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

**c)** Once the **onion** has softened, add the **curry powder** and **garlic**. Cook, stirring, for 1 min.



## 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.



## 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.



## Serve

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

**b)** Top with the **curry** and a dollop of **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.