



Tikka Style Lamb and Lentil Curry with Turmeric Rice and Spinach

Rapid 20 Minutes • Mild Spice

15



Basmati Rice



Ground Turmeric



Lamb Mince



Red Onion



Red Chilli



Garlic Clove



Brown Lentils



Tikka Paste



Tomato Passata



Chicken Stock Paste



Baby Spinach

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, sieve, frying pan and garlic press.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Ground Turmeric	1 sachet	1 sachet	1 sachet
Lamb Mince**	200g	300g	400g
Red Onion**	1	1	2
Red Chilli**	½	1	1
Garlic Clove**	1	2	2
Brown Lentils	1 carton	1½ cartons	2 cartons
Tikka Paste	75g	112g	150g
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	100g	100g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	600g	100g
Energy (kJ/kcal)	3066/733	511/122
Fat (g)	21	4
Sat. Fat (g)	7	1
Carbohydrate (g)	94	16
Sugars (g)	10	2
Protein (g)	39	6
Salt (g)	3.62	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Rice

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

b) When boiling, add the **rice** and **half** the **turmeric**. Cook until tender, 12 mins.

c) Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Fry the Mince

a) Meanwhile, heat a large frying pan on high heat (no oil). When hot, add the **lamb mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*

b) While the **lamb** cooks, halve, peel and chop the **red onion** into small pieces.

c) Once the **lamb** has browned, drain and discard any excess fat. Add the **onion** to the **lamb** and cook, stirring, until softened, 3-4 mins.



Add the 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, stir in the **tikka paste**, **garlic**, remaining **turmeric** and **half** the **chilli** (add less if you don't like heat). Cook, stirring, for 1 min.



Simmer the Curry

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

b) Stir in the **lentils**, season with **salt**, **pepper** and a pinch of **sugar** (if you have any), then simmer until thickened, 4-5 mins. **TIP:** *Add a splash of water if you feel it needs loosening.* **IMPORTANT:** *The lamb is cooked when no longer pink in the middle.*



Finish Up

a) Add the **spinach** to the **curry** 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 **turmeric rice** between your bowls.

b) Top with the **curry** and finish with a sprinkling of any remaining **chilli**.

Enjoy!