



Veg Packed Beef Rogan Josh Style Curry with Cauliflower Rice

Calorie Smart 30 Minutes • Under 600 Calories • 3 of your 5 a day

26



Bell Pepper



Spring Onion



Garlic Clove



Cauliflower



Beef Mince



Rogan Josh Paste



Tomato Passata



Beef Stock Powder



Baby Spinach

Before you start

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

Cooking tools, you will need:

Garlic Press, Frying Pan, Grater, Measuring Jug

Ingredients

	2P	3P	4P
Bell Pepper**	1	2	2
Spring Onion**	1	2	2
Garlic Clove**	2	3	4
Cauliflower**	¾	1	1½
Beef Mince**	240g	360g	480g
Rogan Josh Paste	1 sachet	1 ½ sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Tomato Passata	1 carton	2 cartons	2 cartons
Beef Stock Powder	1 sachet	2 sachets	2 sachets
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Baby Spinach**	100g	150g	200g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	606g	100g
Energy (kJ/kcal)	2040 / 488	336 / 80
Fat (g)	26	4
Sat. Fat (g)	8	1
Carbohydrate (g)	27	4
Sugars (g)	16	3
Protein (g)	33	5
Salt (g)	2.20	0.36

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, Soy, Gluten & Sulphites.

Contact

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Get Prepped

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim and thinly slice the **spring onion**, keep the white and green parts separate. Peel and grate the **garlic** (or use a garlic press).



Start Cooking

Heat a drizzle of **oil** in a frying pan on high heat. Add the **pepper slices**, season with **salt** and **pepper** and stir-fry until charred and slightly softened, 5-7 mins. **TIP: Don't stir too much to allow the peppers to colour.**



Prep the Cauli Rice

While the **peppers** are charring, put the **cauliflower** into quarters and grate on the coarse side of your grater. **TIP: If you have a food processor, you could use that instead to make your cauliflower rice, just don't blend it too much or it won't have any texture!** Once the **peppers** are charred, transfer to a plate and pop your pan back on medium-high heat.



Simmer!

Add the **beef mince** and fry until browned, using a wooden spoon to break it up as it cooks, 5-6 mins. Once browned, add the **rogan josh paste** and **half the garlic**. Stir together and cook for 1 minute. Pour in the **tomato passata** and the **water** (see ingredients for amount). Stir in the **beef stock powder** and **sugar** (see ingredients for amount), along with the **charred peppers**, bring to the boil and simmer until the **mixture** has thickened, 6-8 mins.



Cook the Rice

Meanwhile, heat a drizzle of **oil** in another frying pan on medium-high heat. Once hot, add the remaining **garlic** and **whites** of the **spring onion**. Fry until fragrant, 1-2 mins. Add the **cauliflower**, season with **salt** and **pepper** and stir-fry until tender and piping hot, 3-4 mins. Remove the pan from the heat. Taste and add more **salt** and **pepper** if you feel it needs it.



Finish and Serve

Stir the **spinach** into the **beef mixture** a handful at a time until wilted, 2-3 mins. Taste and **beef** and add **salt** and **pepper** if you feel it needs it. Serve the **cauli rice** with the **beef rogan josh curry** spooned on top and the **greens** of the **spring onion** sprinkled over.

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.