



Beef Rogan Josh Style Curry

with Peppers, Ginger Rice and Toasted Almonds

N° 10

FAMILY Hands on Time: 20 Minutes • Total Time: 30 Minutes • Little Heat • 1 of your 5 a day



Onion



Green Pepper



Garlic Clove



Ginger



Basmati Rice



Flaked Almonds



Beef Mince



Honey



Rogan Josh Paste



Tomato Puree



Chicken Stock Powder



Greek Yoghurt



Venison Mince



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:

Fine Grater (or Garlic Press), two Saucepans, Measuring Jug and Frying Pan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Green Pepper**	1	2	2
Garlic Clove**	2	3	4
Ginger**	1	1	2
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Flaked Almonds 2)	1 small pot	1 large pot	1 large pot
Beef Mince**	240g	360g	480g
🍴 Venison Mince**	300g	400g	600g
Honey	1 sachet	1 sachet	2 sachets
Rogan Josh Paste	1 sachet	1½ sachets	2 sachets
Tomato Puree	2 sachets	3 sachets	4 sachets
Water for the Sauce*	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Greek Yoghurt 7)**	100g	150g	200g

*Not Included ** Store in the Fridge

Custom Recipe: Not sure what this is about? Let us explain. We're currently trialing something exciting to make your dinners even more delicious and will be offering Custom recipes to all our customers very soon!

Nutrition

	Per serving	Per 100g
for uncooked ingredients	487g	100g
Energy (kJ/kcal)	3353/802	689/165
Fat (g)	34	7
Sat. Fat (g)	11	2
Carbohydrate (g)	89	18
Sugars (g)	21	4
Protein (g)	37	8
Salt (g)	2.09	0.43
Custom Recipe	Per serving	Per 100g
for uncooked ingredients	517g	100g
Energy (kJ/kcal)	3098/741	600/143
Fat (g)	18	4
Sat. Fat (g)	5	1
Carbohydrate (g)	89	17
Sugars (g)	21	4
Protein (g)	56	11
Salt (g)	2.31	0.45


Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

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1. Get Prepped

Halve, peel and chop the **onion** into small 1cm pieces. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Heat a drizzle of **oil** in a medium saucepan on medium high heat. Once hot, add **half** the **ginger** and stir fry for 1 minute.



4. Cook the Peppers

Pop your frying pan back on high heat and add a drizzle of **oil**. Add the **pepper slices**, season with **salt** and **pepper** and stir fry until charred and slightly softened, 4-5 mins. **TIP: Don't stir too much to allow the peppers to colour.** Once charred, transfer to a plate and pop your pan back on medium high heat. Add a drizzle of **oil** if the pan is dry.



2. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into the pan with the **ginger** and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



5. Simmer!

Add the **beef 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 it is no longer pink in the middle.** Once browned, add the **onion**, stir together with the **mince** and cook until the **onion** has softened, 4-5 mins. Add the **garlic, honey, rogan josh curry paste** and remaining **ginger**. Stir together and cook for one minute. Stir in the **tomato puree** and the **water** (see ingredients for amount). Stir in the **chicken stock powder**, bring to the boil and simmer until the **mixture** has thickened, 6-8 mins.



3. Toast the Almonds

Heat a large frying pan/saucepan over medium heat (no oil!) Once hot, add the **flaked almonds** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP: Watch them like a hawk as they burn easily.** Transfer the **almonds** to a bowl and set aside.



6. Finish and Serve

Stir the **charred peppers** into the **sauce**. Taste and add **salt** and **pepper** if you feel it needs it. Add a splash of **water** if you feel it needs it. Fluff up the **rice** with a fork and spoon into bowls. Top with the **rogan josh** and finish with a dollop of **greek yoghurt** and a sprinkling of **toasted almonds**.

Enjoy!



CUSTOM RECIPE

If you received **venison mince**, cook it in the same way the recipe tells you to cook the **beef mince** in the step above.