



Rogan Josh Style Lamb Meatballs with Basmati Rice

Classic 35-40 Minutes • Medium Spice • 2 of your 5 a day

45



Basmati Rice



Garlic Clove



North Indian
Style Spice Mix



Panko Breadcrumbs



Lamb Mince



Rogan Josh
Curry Paste



Tomato Passata



Chicken Stock Paste



Baby Spinach



Greek Style
Natural Yoghurt



Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Saucepan, lid, garlic press, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	3	4	6
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs 13)	10g	25g	25g
Lamb Mince**	200g	300g	400g
Rogan Josh Curry Paste	50g	75g	100g
Tomato Passata	1 carton	2 cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	417g	100g	436g	100g
Energy (kJ/kcal)	2865 / 685	688 / 164	3157 / 759	729 / 174
Fat (g)	24.6	5.9	30.7	7.0
Sat. Fat (g)	9.6	2.3	11.7	2.7
Carbohydrate (g)	83.2	20.0	82.1	18.8
Sugars (g)	11.9	2.9	11.9	2.7
Protein (g)	33.4	8.0	40.5	9.3
Salt (g)	3.34	0.80	2.66	0.61

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

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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Start the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



Get Cooking

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **meatballs** and fry until browned all over, 5-6 mins. Stir in the remaining **garlic** and the **rogan josh curry paste**. Cook until fragrant, 1-2 mins. Pour in the **passata**, **sugar** and **water for the sauce** (see pantry for both amounts) and **chicken stock paste**.

Season with **salt** and **pepper**, then cover with a lid or foil and simmer until the **meatballs** are cooked, 6-7 mins. **IMPORTANT: The meatballs are cooked when no longer pink in the middle.**



Garlic Time

Meanwhile, peel and grate the **garlic** (or use a garlic press).



Add the Spinach

Once the **meatballs** are cooked, stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if a little too thick.



Prep the Meatballs

In a large bowl, combine **half** the **garlic**, the **North Indian style spice mix**, **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **lamb mince**.

Season with **pepper** and mix together with your hands. Roll into evenly-sized balls, 5 per person. **IMPORTANT: Wash your hands and equipment after handling raw mince.**

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **lamb**, prep and cook the recipe in the same way.



Serve Up

Fluff up the **rice** with a fork, then share between your plates.

Top the **rice** with the **rogan josh style meatball curry**.

Drizzle with **Greek style yoghurt** to finish.

Enjoy!