



Beef Meatball Rogan Josh

with Basmati Rice and Coriander

Calorie Smart 35-40 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories

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Basmati Rice



Coriander



Garlic Clove



North Indian Style Spice Mix



Panko Breadcrumbs



Beef Mince



Rogan Josh Curry Paste



Tomato Passata



Beef Stock Paste



Baby Spinach

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	100g	150g	200g
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs 13	10g	15g	20g
Beef Mince**	240g	360g	480g
Rogan Josh Curry Paste	50g	75g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Baby Spinach**	40g	60g	80g
Pantry	2P	3P	4P
Water for the Rice*	200ml	300ml	400ml
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	347g	100g
Energy (kJ/kcal)	2564 /613	740 /177
Fat (g)	26.3	7.6
Sat. Fat (g)	9.2	2.7
Carbohydrate (g)	62.9	18.2
Sugars (g)	9.6	2.8
Protein (g)	35.5	10.2
Salt (g)	3.38	0.98

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ values based on low-cal cooking spray oil.

Allergens

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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Cook the Rice

Preheat your oven to 220°C/200°C fan/gas mark 7.

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).



Curry Up

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

Add the **rogan josh curry paste** and remaining **garlic** and **North Indian style spice mix**. Cook until fragrant, 1 min.

Add the **passata**, **beef stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Stir to combine, bring to the boil, then simmer until thickened, 6-8 mins.



Weight Watchers



Make your Meatballs

Meanwhile, roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press).

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



Bring on the Spinach

When the **meatballs** are cooked, stir them through the **curry sauce**.

Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Taste the **sauce** and season with **salt**, **pepper** and more **sugar** if needed.



Time to Bake

Pop the **meatballs** onto a large baking tray.

When the oven is hot, bake on the top shelf until the **meatballs** are browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The *meatballs are cooked when no longer pink in the middle.*



Serve Up

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

Spoon over your **meatball rogan josh**, then sprinkle over the **coriander** to finish.

Enjoy!