



Rogan Josh Style Lamb and Lentil Curry with Spinach and Basmati Rice

Quick 20 Minutes • Mild Spice • 3 of your 5 a day

15



Basmati Rice



Lamb Mince



Garlic Clove



Lentils



Rogan Josh Curry Paste



Curry Powder



Tomato Passata



Chicken Stock Paste



Baby Spinach

Pantry Items
Oil, Salt, Pepper

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

Kettle, saucepan, sieve, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Lamb Mince**	200g	300g	400g
Garlic Clove**	1	2	2
Lentils	1 carton	1½ cartons	2 cartons
Rogan Josh Curry Paste	50g	75g	100g
Curry Powder	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	60g	80g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2938 /702	646 /154
Fat (g)	21.0	4.6
Sat. Fat (g)	7.2	1.6
Carbohydrate (g)	94.0	20.7
Sugars (g)	8.0	1.8
Protein (g)	36.1	7.9
Salt (g)	4.06	0.89

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

Allergens

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

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve. Pop back in the pan and cover to keep warm.



Simmer and Stir

- Add the **passata**, **water for the sauce** (see pantry for amount) and **chicken stock paste** to the pan, then stir together.
- Stir in the **lentils**, season with **salt**, **pepper** and a pinch of **sugar** (if you have any), then simmer until thickened, 4-5 mins.
- Add a splash of **water** if it's a little too thick.



Fry the Mince

- Meanwhile, heat a large frying pan on high heat (no oil).
- Once hot, add the **lamb mince** and fry 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. It's cooked when no longer pink in the middle.
- Once the **lamb** is browned, drain and discard any excess fat. Season with **salt** and **pepper**.



Bring on the Spinach

- Add the **spinach** to the **curry** a handful at a time and cook until wilted and piping hot, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed.



Curry Up

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **lentils** in a sieve.
- Stir the **rogan josh curry paste**, **curry powder** and **garlic** into the **lamb**. Cook, stirring, for 1 min.



Serve

- Fluff up the **rice** with a fork and share between your bowls.
- Top with the **lamb curry**.

Enjoy!