



Speedy Beef Rogan Josh with Beans and Rice

Super Quick 15 Minutes • Mild Spice • 1 of your 5 a day

8



Basmati Rice



Beef Mince



Curry Powder Mix



Rogan Josh Curry Paste



Tomato Puree



Chickpeas



Chicken Stock Paste



Baby Spinach



Toasted Flaked Almonds

Pantry Items

Oil, Salt, Pepper, Honey, Butter

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 and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Rogan Josh Curry Paste	50g	75g	100g
Tomato Puree	30g	45g	60g
Chickpeas	1 carton	1 carton	2 cartons
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Toasted Flaked Almonds 2)	15g	25g	30g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3783/904	885/212
Fat (g)	41.5	9.7
Sat. Fat (g)	15.1	3.5
Carbohydrate (g)	91.1	21.3
Sugars (g)	12.2	2.9
Protein (g)	44.4	10.4
Salt (g)	3.07	0.72

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

Allergens

2) Nuts

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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1



Rice Time

- Boil a half-full kettle. Pour it into a saucepan with $\frac{1}{4}$ tsp salt on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.

3



Simmer Sauce

- Next, add the **curry powder mix**, **rogan josh curry paste** and **tomato puree** to the **mince**.
- Stir in the **chickpeas** and **liquid** from the carton, **chicken stock paste**, **water** and **honey** (see pantry for both).
- Bring to a bubble. Simmer, 3-4 mins.
- Add the **spinach** in handfuls so it's piping hot, 1-2 mins. Stir in the **butter** (see pantry).

2



Fry Mince

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **beef mince**, 5-6 mins.
- Break up the **mince** as it cooks, then drain the fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

4



Dinner's Ready!

- Taste and season the **curry** with **salt** and **pepper**. Remove from the heat.
- Share the **rice** and **curry** between your bowls.
- Sprinkle over the **flaked almonds**.

Enjoy!