



Bombay Style Lamb Curry

with Turmeric Potatoes and Green Beans

Quick 20 Minutes • Mild Spice • 1 of your 5 a day

13



Potatoes



Ground Turmeric



Green Beans



Lamb Mince



Baby Plum Tomatoes



Ginger Puree



North Indian Style Spice Mix



Vegetable Stock Paste



Mango Chutney

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, colander, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Ground Turmeric	1 sachet	1½ sachets	2 sachets
Green Beans**	80g	150g	150g
Lamb Mince**	200g	300g	400g
Baby Plum Tomatoes	190g	250g	380g
Ginger Puree	7g	11g	15g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste (10)	10g	15g	20g
Mango Chutney	40g	60g	80g
Pantry	2P	3P	4P
Water for the Curry*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	531g	100g
Energy (kJ/kcal)	2043/488	385/92
Fat (g)	15.0	2.8
Sat. Fat (g)	6.5	1.2
Carbohydrate (g)	65.1	12.3
Sugars (g)	17.1	3.2
Protein (g)	26.5	5.0
Salt (g)	1.7	0.32

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

Allergens

10) Celery

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, cereals containing 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.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Cook the Turmeric Potatoes

- Boil a full kettle. Chop the **potatoes** into 2cm chunks (no need to peel).
- Pour the **boiled water** into a large saucepan with **half the turmeric** and **½ tsp salt**.
- Add the **potatoes** to the **water**, then bring back to the boil and cook until you can easily slip a knife through, 15-18 mins.
- Once cooked, drain in a colander and return to the pan, off the heat. Keep warm with the lid on.



Spice It Up

- Once browned, drain any excess fat from the **mince**.
- Stir in the **tomatoes**, **ginger puree** (see ingredients for amount), **North Indian style spice mix** and the remaining **turmeric**.
- Cook for 1 min, then stir in the **veg stock paste** and **water for the curry** (see ingredients for amount).



Fry the Lamb

- Meanwhile, trim and halve the **green beans**.
- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **lamb mince** and **green beans** and fry until browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



Simmer your Curry

- Bring to the boil, then reduce the heat and simmer until the **beans** are tender and the **tomatoes** have broken down, 3-5 mins.
- Stir through the **mango chutney**. Add a splash of **water** if it's a little dry.
- Season to taste with **salt** and **pepper** if needed.



Prep your Veg

- While the **lamb** browns, halve the **baby plum tomatoes** (or leave them whole if you'd prefer).



Combine and Serve

- Using whichever pan is largest, combine the **lamb curry** with the **cooked potatoes** and gently stir to combine.
- Serve your **lamb curry** in deep bowls.

Enjoy!