



# Speedy Beef Rogan Josh

with Peas 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



Chicken Stock Paste



Peas



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
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Baby Spinach**	40g	100g	100g
Toasted Flaked Almonds 2)	15g	25g	30g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
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)	398g 3449 /824	100g 868 /207
Fat (g)	38.7	9.7
Sat. Fat (g)	14.7	3.7
Carbohydrate (g)	84.9	21.3
Sugars (g)	15.1	3.8
Protein (g)	40.7	10.2
Salt (g)	2.67	0.67

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, 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. Be careful when adding water to hot pans while cooking.

## Contact

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## Rice Time

- Boil a half-full kettle. Pour it into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.

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.

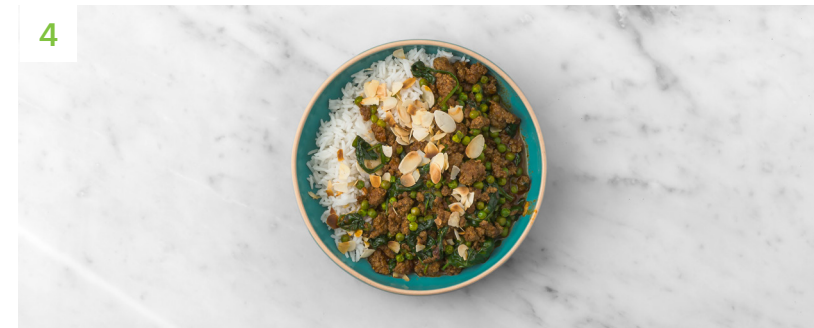
3



## Simmer Sauce

- Next, add the **curry powder**, **rogan josh curry paste** and **tomato puree** to the **mince**.
- Stir in the **chicken stock paste**, **water** and **honey** (see pantry for both).
- Bring to the boil. Simmer, 3-4 mins.
- Add the **spinach** in handfuls, making sure it's piping hot, 1-2 mins.
- Stir through the **peas**. Stir in the **butter** (see pantry).

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## 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!