











Speedy Lamb Mince Masala

with Green Beans and Basmati Rice

Calorie Smart 20-25 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories

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-  Green Beans
-  Basmati Rice
-  Lamb Mince
-  Garlic Clove
-  Tomato Puree
-  Korma Curry Paste
-  Curry Powder Mix
-  Chicken 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, sieve, lid, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	150g	200g	300g
Basmati Rice	150g	225g	300g
Lamb Mince**	200g	300g	400g
Garlic Clove**	2	3	4
Tomato Puree	30g	45g	60g
Korma Curry Paste 9)	50g	75g	100g
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Mango Chutney	40g	60g	80g

Pantry	2P	3P	4P
Water for the Sauce*	175ml	260ml	350ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	410g	100g
	2639 /631	644 /154
Fat (g)	20.2	4.9
Sat. Fat (g)	7.4	1.8
Carbohydrate (g)	86.3	21
Sugars (g)	18.1	4.4
Protein (g)	29.8	7.3
Salt (g)	3.22	0.79

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

Allergens

9) Mustard

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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Cook the Rice

- Boil a half-full kettle.
- While it boils, trim the **green beans** and cut into thirds.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Curry Up

- Add the **garlic**, **tomato puree**, **korma curry paste** and **curry powder mix** to the **mince** and fry, 1 min.
- Stir in the **chicken stock paste** and **water for the sauce** (see pantry for amount).
- Bring to the boil, then lower the heat and simmer until thickened, 4-5 mins.



Get Frying

- While the **rice** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.
- Next, add the **lamb mince** and fry until the **mince** has browned and the **beans** have started to soften, 5-6 mins. Use a spoon to break the **mince** up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Finishing Touches

- Once the **sauce** has thickened, stir in the **mango chutney**.
- Season with **salt** and **pepper**, then remove from the heat.



Garlic Time

- While the **mince** and **beans** cook, peel and grate the **garlic** (or use a garlic press).
- Once the **mince** has browned, drain and discard any excess fat.
- Season with **salt** and **pepper**. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Serve Up

- Share the **rice** between your bowls.
- Spoon over the **lamb mince masala**.

Enjoy!