



# Speedy Beef Rogan Josh

with Green Beans, Sugar Snaps, Peas and Rice

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

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Basmati Rice



British Beef Mince



Curry Powder Mix



Rogan Josh Curry Paste



Tomato Puree



Beef Stock Paste



Blanched Peas, Sugar Snaps and Green Beans



Mango Chutney

**Pantry Items**

Oil, Salt, Pepper, 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
British 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
Beef Stock Paste	10g	15g	20g
Blanched Peas, Sugar Snaps and Green Beans**	160g	320g	320g
Mango Chutney	40g	60g	80g

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	428g	100g
Energy (kJ/kcal)	3320 / 794	777 / 186
Fat (g)	34.6	8.1
Sat. Fat (g)	14.5	3.4
Carbohydrate (g)	88.3	20.7
Sugars (g)	19.1	4.5
Protein (g)	38.2	8.9
Salt (g)	2.92	0.68

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, mollusc, 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.



## 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.



## Simmer Sauce

- Next, add the **curry powder**, **rogan josh curry paste** and **tomato puree** to the **mince**.
- Stir in the **beef stock paste** and **water** (see pantry). Bring to a bubble. Simmer, 3-4 mins.
- Add the **green veg** and simmer for 2-3 mins, then stir through the **mango chutney**.
- Stir in the **butter** (see pantry).



## Dinner's Ready!

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

## Enjoy!