



# Lamb Rogan Josh Pilaf

with Green Beans, Mango Chutney and Yoghurt

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

26



Garlic Clove



Medium Tomato



Green Beans



Basmati Rice



Lamb Mince



Rogan Josh Curry Paste



Chicken Stock Paste



Mango Chutney



Low Fat Natural Yoghurt



Chilli Flakes

**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, garlic press, saucepan and sieve.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Medium Tomato	1	2	2
Green Beans**	80g	150g	150g
Basmati Rice	150g	225g	300g
Lamb Mince**	200g	300g	400g
Rogan Josh Curry Paste	50g	75g	100g
Chicken Stock Paste	10g	15g	20g
Mango Chutney	40g	60g	80g
Low Fat Natural Yoghurt**	75g	120g	150g
7)			
Chilli Flakes	1 pinch	1 pinch	2 pinches
Pantry	2P	3P	4P
Water for the Lamb*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	403g	100g
Energy (kJ/kcal)	2634 /630	654 /156
Fat (g)	20.3	5.0
Sat. Fat (g)	7.4	1.8
Carbohydrate (g)	81.4	20.2
Sugars (g)	17.9	4.4
Protein (g)	30.2	7.5
Salt (g)	2.29	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk

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.


SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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## Get Prepped

- Boil a half-full kettle.
- Peel and grate the **garlic** (or use a garlic press).
- Cut the **tomato** into 1cm chunks.
- Trim the **green beans** and cut into thirds.



## Simmer and Stir

- Add the **tomatoes**, **chicken stock paste** and **water for the lamb** (see pantry for amount) to the pan. Season with **salt** and **pepper**.
- Simmer, stirring occasionally, until the **mince** is cooked and the **tomatoes** have softened, 5-7 mins. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



## Fry the Mince

- 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.
- Meanwhile, heat a frying pan on high heat (no oil).
- Once hot, add the **lamb mince**. Fry until browned, 3-4 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*
- When the **rice** has 5 mins left, add the **green beans** to the **rice** pan and cook for the remaining time. Once cooked, drain in a sieve, then pop it on top of the pan and allow to steam.



## Combine your Pilaf

- Add the **cooked rice**, **green beans** and **mango chutney** to the **lamb mixture**.
- Mix well to combine.
- Taste and season with **salt** and **pepper**, adding a splash of **water** if it's a little dry.



## Add the Flavour

- Once the **mince** has browned, drain and discard any excess fat.
- Stir in the **rogan josh curry paste** and **garlic**. Cook, stirring, for 1 min.



## Serve Up

- Share the **lamb pilaf** between your bowls.
- Finish with a dollop of **yoghurt** and a sprinkle of **chilli flakes** (add less if you'd prefer things milder).

Enjoy!