



Lamb Rogan Josh Pilaf

with Tenderstem® Broccoli, Mango Chutney and Yoghurt

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

50



Garlic Clove



Medium Tomato



Tenderstem® Broccoli



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, frying pan and sieve.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Medium Tomato	1	2	2
Tenderstem® Broccoli**	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** 7)	75g	120g	150g
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)	2653 /634	659 /157
Fat (g)	20.4	5.1
Sat. Fat (g)	7.4	1.8
Carbohydrate (g)	81.1	20.1
Sugars (g)	17.3	4.3
Protein (g)	31.1	7.7
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.

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.
- Cut the **Tenderstem® broccoli** 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 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 **Tenderstem® broccoli** to the **rice** pan and cook for the remaining time. Once cooked, drain in a sieve.



Combine your Pilaf

- Add the **cooked rice**, **broccoli** 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!