

The Rogan Josh

Rogan Josh Lamb Burger, Zesty Fries, Mango Chutney Mayo and Kachumber Salad

Street Food

40-45 Minutes • Mild Spice • 2 of your 5 a day

34



Potatoes



Breadcrumbs



Lemon



Medium Tomato



Mango Chutney



Wild Rocket



Rogan Josh
Curry Paste



Lamb Mince



Cucumber



Mayonnaise



Sliced Burger Buns

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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

Baking tray, bowl, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Rogan Josh Curry Paste	50g	75g	100g
Breadcrumbs 13)	10g	15g	20g
Lamb Mince**	300g	400g	600g
Lemon**	½	¾	1
Cucumber**	½	¾	1
Medium Tomato	1	2	2
Mayonnaise 8) 9)	32g	48g	64g
Mango Chutney	40g	60g	80g
Sliced Burger Buns 13)	2	3	4
Wild Rocket**	20g	40g	40g
Pantry	2P	3P	4P
Salt for the Burgers*	½ tsp	½ tsp	1 tsp
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	704g	100g
Energy (kJ/kcal)	3993/954	567/136
Fat (g)	39.4	5.6
Sat. Fat (g)	11.9	1.7
Carbohydrate (g)	110.9	15.8
Sugars (g)	25.8	3.7
Protein (g)	42.3	6.0
Salt (g)	4.10	0.58

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

8) Egg **9**) Mustard **13**) Cereals containing gluten

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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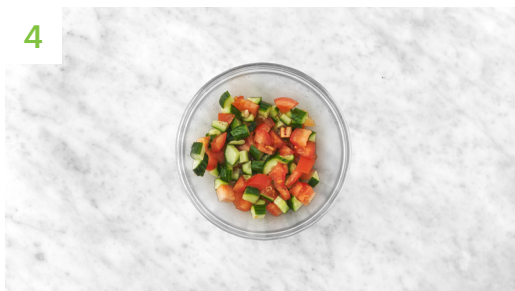
Bake the Fries

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 30-35 mins. Turn halfway through.



Make the Kachumber

Meanwhile, zest and halve the **lemon** (see ingredients for amount).

Trim the **cucumber**, then quarter lengthways. Chop widthways into small pieces. Cut the **tomatoes** into 1cm chunks.

Squeeze the **lemon juice** (see ingredients for amount) into a large bowl. Mix in the **sugar** and **olive oil for the dressing** (see pantry for both amounts) and season with **salt** and **pepper**.

Add the **cucumber** and **tomato** to the **dressing** and toss together.



Make the Burgers

Meanwhile, put the **rogan josh curry paste** and **breadcrumbs** into a large bowl, then mix to combine. Add the **lamb mince**.

Season with the **salt for the burgers** (see pantry for amount) and **pepper**, then mix together with your hands.

Roll the **mince** into even-sized balls, then shape into 1cm thick **burgers** (1 per person). **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Finish Off

Pop the **burger buns** into the oven to warm through, 2-3 mins.

Meanwhile, in a small bowl, mix together the **mayo** and **mango chutney**. Taste and season with **salt** and **pepper** if needed.

Once the **fries** are cooked, sprinkle over the **lemon zest** and toss to evenly coat.



Bake the Burgers

Pop the **burgers** onto a lightly oiled baking tray.

When the **fries** have 15 mins left, bake the **burgers** on the middle shelf of your oven until cooked through, 12-15 mins. **IMPORTANT:** The burgers are cooked when no longer pink in the middle.



Finish and Serve

When everything's ready, spread **half** the **mango chutney mayo** over the **bun bases**. Top with the **lamb burgers** and some of the **rocket**, then sandwich shut with the **bun lids**.

Serve your **craft burgers** with the **zesty fried** alongside.

Toss the remaining **rocket** with the **kachumber salad** and serve next to the **burgers**, with the rest of the **chutney mayo** on the side for dipping.

Enjoy!