



Beef and Chickpea Rogan Josh with Rice and Yoghurt Drizzle

Classic 30-35 Minutes • Mild Spice • 2 of your 5 a day

9



Basmati Rice



British Beef Mince



Chickpeas



North Indian Style Spice Mix



Rogan Josh Curry Paste



Tomato Passata



Beef Stock Paste



Mango Chutney



Low Fat Natural Yoghurt



Riced Cauliflower

Pantry Items

Oil, Salt, Pepper, Butter

Make it Lower Carb

If you chose to make this recipe lower carb, then just follow the instructions on the back of this card.

Happy cooking!

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

Saucepan, lid and sieve.

Ingredients

| Ingredients | 2P | 3P | 4P |
|------------------------------|----------|------------|-----------|
| Basmati Rice | 150g | 225g | 300g |
| British Beef Mince** | 240g | 360g | 480g |
| Chickpeas | 1 carton | 1½ cartons | 2 cartons |
| North Indian Style Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Rogan Josh Curry Paste | 50g | 75g | 100g |
| Tomato Passata | 1 carton | 1½ cartons | 2 cartons |
| Beef Stock Paste | 10g | 15g | 20g |
| Mango Chutney | 40g | 60g | 80g |
| Low Fat Natural Yoghurt** 7) | 75g | 120g | 150g |
| Riced Cauliflower** | 250g | 500g | 500g |

| Pantry | 2P | 3P | 4P |
|----------------------|-------|-------|-------|
| Water for the Rice* | 300ml | 450ml | 600ml |
| Water for the Sauce* | 100ml | 150ml | 200ml |
| Butter* | 20g | 30g | 40g |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g | Custom Recipe | |
|--------------------------------|-------------|-------------|---------------|-------------|
| | | | Per serving | Per 100g |
| for uncooked ingredient | 716g | 100g | 616g | 100g |
| Energy (kJ/kcal) | 3880 /927 | 542 /129 | 2930 /700 | 476 /114 |
| Fat (g) | 38.5 | 5.4 | 39.1 | 6.3 |
| Sat. Fat (g) | 15.4 | 2.1 | 15.5 | 2.5 |
| Carbohydrate (g) | 103.2 | 14.4 | 44.8 | 7.3 |
| Sugars (g) | 21.1 | 2.9 | 23.7 | 3.8 |
| Protein (g) | 44.8 | 6.2 | 41.1 | 6.7 |
| Salt (g) | 3.43 | 0.48 | 3.44 | 0.56 |

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.

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Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

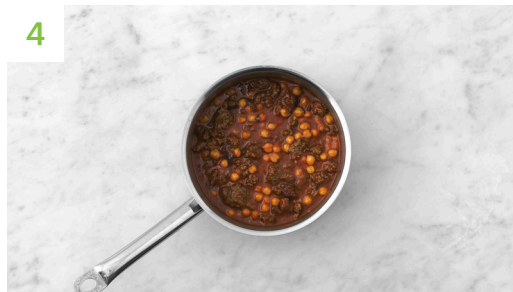
Stir in the **rice**, **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Make it Lower Carb

If you've chosen the lower carb version, heat a medium frying pan on medium-high heat with a drizzle of **oil**. Once hot, cook the **cauli rice**, 3-4 mins and season. Cover to keep warm until serving.



Simmer the Sauce

Add the **passata**, **chickpeas**, **beef stock paste** and **water for the sauce** (see pantry for amount) to the **beef mince**.

Bring to the boil, then simmer gently until the **sauce** has thickened slightly, 10-15 mins.



Fry the Beef

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **beef mince**. Fry until the **mince** has slightly browned, 2-3 mins. Use a spoon to break it up as it cooks.

When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.

IMPORTANT: Wash your hands and equipment after handling raw mince.

Meanwhile, drain and rinse the **chickpeas** in a sieve.



Finishing Touches

Once the **sauce** has thickened, add the **mango chutney** and **butter** (see pantry for amount). Stir until melted, 1 min.

Taste the **curry** and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Add the Flavour

Add the **North Indian style spice mix** and **rogan josh curry paste** to the **beef**.

Stir-fry until fragrant, 1 min.



Serve

Share the **rice** between bowls. Spoon over the **beef and chickpea curry**.

Drizzle over the **yoghurt** to finish.

Enjoy!