



# Beef Rogan Josh Style Curry with Peppers and Ginger Rice

Family 30-35 Minutes • Mild Spice • 1 of your 5 a day

2



Ginger Puree



Basmati Rice



Green Pepper



Garlic Clove



British Beef Mince



Rogan Josh Curry Paste



Tomato Passata



Vegetable Stock Paste



Greek Style Natural Yoghurt



Chilli Flakes



Unconventional Plant-Based Burgers

### Pantry Items

Oil, Salt, Pepper, Sugar

### Make it Vegetarian

If you chose to make this recipe veggie, 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, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Ginger Puree	15g	22g	30g
Basmati Rice	150g	225g	300g
Green Pepper**	1	2	2
Garlic Clove**	2	3	4
British Beef Mince**	240g	360g	480g
Rogan Josh Curry Paste	50g	75g	100g
Tomato Passata	1 carton	2 cartons	2 cartons
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Greek Style Natural Yoghurt** <b>7</b>	75g	120g	150g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Unconventional Plant-Based Burgers** <b>11</b>	2	4	4
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	100ml	150ml

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	635g	100g	605g	100g
Energy (kJ/kcal)	3128 / 748	493 / 118	2831 / 677	468 / 112
Fat (g)	30.4	4.8	23.6	3.9
Sat. Fat (g)	11.6	1.8	8.6	1.4
Carbohydrate (g)	85.0	13.4	91.3	15.1
Sugars (g)	13.9	2.2	14.3	2.4
Protein (g)	38.5	6.1	25.8	4.3
Salt (g)	3.10	0.49	4.03	0.67


Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7) Milk 10) Celery 11) Soya**

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.

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## Cook the Ginger Rice

Heat a drizzle of **oil** and **half** the **ginger puree** in a medium saucepan (with a tight-fitting lid) on medium-high heat. Once hot, stir-fry for 1 min.

Stir in the **rice** until coated, 1 min, then add **¼ tsp salt** and the **water for the rice** (see pantry for amount) 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).



## Curry Up

When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

Add the **garlic**, **rogan josh curry paste** and remaining **ginger puree**. Stir-fry until fragrant, 1 min.



## Do the Prep

While the **rice** cooks, halve the **green pepper** and discard the core and seeds. Slice into thin strips.

Peel and grate the **garlic** (or use a garlic press).



## Simmer Simmer

Next, stir in the **tomato passata**, **vegetable stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil and simmer until thickened, 6-8 mins.

Taste and add **salt** and **pepper** if needed.



## Fry the Beef

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **beef mince** and **sliced pepper**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

## Make it Vegetarian

If you've chosen the veggie version, add the **plant-based burgers** to the pan with the **pepper**. Use a spoon to mash the **burgers** into a mince-like texture. Cook, 5-6 mins, then continue as instructed. **IMPORTANT:** Ensure they're piping hot throughout.



## Finish and Serve

Fluff up the **rice** with a fork and share between your bowls. Top with the **beef curry**.

Finish with a dollop of **yoghurt** and **chilli flakes** (use less if you'd prefer things milder).

## Enjoy!