



# Easy Pulled Pork Rogan Josh Curry

with Greens, Quick Rice, Naan and Yoghurt Drizzle

38

3 Step Prep | Prep Time: 5 Minutes • Cook Time: 15 Minutes • Mild Spice • 2 of your 5 a day



Slow Cooked British Pork



Rogan Josh Curry Paste



Curry Powder Mix



Tomato Passata



Chicken Stock Paste



Plain Naans



Steamed Basmati Rice



Blanched Peas, Sugar Snaps and Green Beans



Greek Style Natural Yoghurt



Toasted Flaked Almonds

**Pantry Items**

Oil, Salt, Pepper, Sugar



## 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 and lid.

## Ingredients

Ingredients	2P	3P	4P
Slow Cooked British Pork**	425g	640g	850g
Rogan Josh Curry Paste	50g	75g	100g
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Plain Naans <b>7) 13)</b>	2	3	4
Steamed Basmati Rice	1	1½	2
Blanched Peas, Sugar Snaps and Green Beans**	160g	240g	320g
Greek Style Natural Yoghurt** <b>7)</b>	75g	112g	150g
Toasted Flaked Almonds <b>2)</b>	15g	25g	30g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	5662/1353	748/179
Fat (g)	55.0	7.3
Sat. Fat (g)	15.6	2.1
Carbohydrate (g)	90.4	11.9
Sugars (g)	20.1	2.6
Protein (g)	85.0	11.2
Salt (g)	4.27	0.56

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

## Allergens

**2)** Nuts **7)** Milk **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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1



2



3



## Curry On

- Heat a large saucepan with a tight-fitting lid on medium-high heat. Add the **pork** along with the **juices** from the packet.
- Stir in the **rogan josh curry paste**, **curry powder mix**, **passata**, **chicken stock paste**, **sugar** and **water** (see pantry for both).
- Bring to the boil. Cover with a lid. Lower the heat and simmer for 10-12 mins.  
**IMPORTANT:** Ensure the pork is piping hot throughout.

## Sides Time

- A few mins before the **pork** is ready, halve the **naans** widthways.
- Toast in your toaster until golden.
- Meanwhile, cook the **rice** according to packet instructions.

## Dinner's Ready!

- Once the **pork** is ready, remove the lid. Gently break it apart into chunks with a spoon.
- Stir in the **blanched peas**, **sugar snaps and green beans**. Simmer so they're piping hot, 2-3 mins.
- Season with **salt** and **pepper**, then remove from the heat. Add a splash of **water** if needed.
- Serve your **curry** and **rice** with the **naan** on the side (**butter** it if you'd like). Drizzle with the **yoghurt** and scatter over the **flaked almonds** to finish.

## Enjoy!