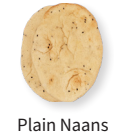
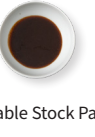
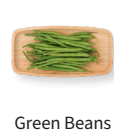
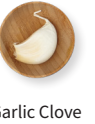
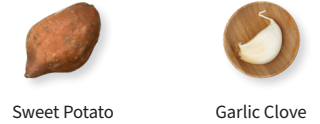


Sweet Potato and Chickpea Rogan Josh

with Green Beans, Flaked Almonds and Garlic Naan

Classic 25-30 Minutes • **Mild Spice** • 3 of your 5 a day



Pantry Items
Oil, Salt, Pepper, Butter

+ Add Chicken Breast

If you chose to add diced chicken breast, then just follow the instructions on the back of this card.
Happy cooking!



Though rogan josh is traditionally made with lamb, this staple Kashmiri dish works just as well with beef, goat or even vegetables! The sauce is aromatic and rich, spiced with ground coriander, cumin, paprika and turmeric.

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, garlic press, sieve, frying pan and bowl.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------------|----------|------------|-----------|
| Sweet Potato | 1 | 2 | 2 |
| Garlic Clove** | 3 | 4 | 6 |
| Green Beans** | 80g | 150g | 150g |
| Chickpeas | 1 carton | 1½ cartons | 2 cartons |
| Rogan Josh Curry Paste | 50g | 75g | 100g |
| Chilli Flakes | 1 pinch | 1 pinch | 2 pinches |
| Tomato Passata | 1 carton | 1½ cartons | 2 cartons |
| Vegetable Stock Paste | 10g | 15g | 20g |
| Plain Naans 7) 13) | 2 | 3 | 4 |
| Mango Chutney | 40g | 60g | 80g |
| Toasted Flaked Almonds 2) | 15g | 25g | 25g |
| Diced British Chicken Breast** | 240g | 390g | 520g |

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

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g | Custom Recipe | |
|-------------------------|-------------|-----------|---------------|-----------|
| | | | Per serving | Per 100g |
| for uncooked ingredient | 640g | 100g | 770g | 100g |
| Energy (kJ/kcal) | 3896 / 931 | 609 / 145 | 4544 / 1086 | 590 / 141 |
| Fat (g) | 31.2 | 4.9 | 33.6 | 4.4 |
| Sat. Fat (g) | 7.5 | 1.2 | 8.2 | 1.1 |
| Carbohydrate (g) | 128.4 | 20.1 | 128.6 | 16.7 |
| Sugars (g) | 30.4 | 4.8 | 30.6 | 4.0 |
| Protein (g) | 27.0 | 4.2 | 58.5 | 7.6 |
| Salt (g) | 4.21 | 0.66 | 4.41 | 0.57 |

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.

You can recycle me!

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Time to Roast

Preheat your oven to 240°C/220°C fan/gas mark 9.

Remove the **butter** (see pantry for amount) from your fridge and leave to one side to soften.

Chop the **sweet potatoes** into 1cm chunks (no need to peel) and pop them 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, 16-18 mins. Turn halfway through.



Garlic Naan Time

Meanwhile, in a small bowl, combine the **butter** and remaining **garlic**. Season with **salt** and **pepper**.

Put the **naans** onto a baking tray. Spread the **garlic butter** over them and pop them into the oven to warm through, 3-4 mins.



Curry Up

Meanwhile, peel and grate the **garlic** (or use a garlic press). Trim and halve the **green beans**. Drain and rinse the **chickpeas** in a sieve.

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

Once hot, add the **green beans** and stir-fry until starting to char, 4-5 mins.

Stir through the **rogan josh curry paste**, **half** the **garlic** and **half** the **chilli flakes** (add less if you'd prefer things milder). Stir-fry for 1 min.

+ Add Chicken Breast

If you're adding **chicken**, add it to the pan with the **green beans**. Fry for the same amount of time, then continue as instructed. The **chicken** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Add the Sweet Potato

Once the **sweet potato** is ready, remove from the oven and stir it through the **curry**.

Stir in the **mango chutney**, then taste and season with more **salt** and **pepper** if needed.



Simmer the Sauce

Pour the **passata**, **chickpeas**, **vegetable stock paste** and **water for the sauce** (see pantry for amount) into the pan.

Stir and bring to the boil, then lower the heat and simmer until thickened, 4-5 mins.



Serve

Spoon the **sweet potato curry** into your bowls.

Sprinkle over the **flaked almonds** and remaining **chilli flakes** (add less if you'd prefer things milder).

Halve the **garlic naans** and serve them alongside for dipping and scooping.

Enjoy!