











Easy Lamb Pasanda Style Curry

with Buttery Bulgur, Peas, Yoghurt and Mango Chutney

Quick 20-25 Minutes • **Mild Spice** • 2 of your 5 a day



-  Chicken Stock Paste
-  Bulgur Wheat
-  Onion
-  Lamb Mince
-  Garlic Clove
-  Pasanda Style Seasoning
-  Tomato Passata
-  Mango Chutney
-  Peas
-  Greek Style Natural Yoghurt



Pasanda curries are fragrant and gently spiced Indian dishes that are usually mild and comforting. Here, we've got lamb and peas, perfect for soaking up the delicious flavour of the pasanda curry sauce.

Pantry Items
Oil, Salt, Pepper, Butter

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, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	20g	30g	40g
Bulgur Wheat 13	120g	180g	240g
Onion	1	2	2
Lamb Mince**	200g	300g	400g
Garlic Clove**	2	3	4
Pasanda Style Seasoning	1 sachet	2 sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Mango Chutney	40g	60g	80g
Peas**	120g	180g	240g
Greek Style Natural Yoghurt** 7)	75g	150g	150g

Pantry	2P	3P	4P
Water for the Bulgur*	220ml	330ml	440ml
Water for the Sauce*	50ml	75ml	100ml
Butter*	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	611g	100g
Energy (kJ/kcal)	2865/685	469/112
Fat (g)	25.5	4.2
Sat. Fat (g)	12.4	2.0
Carbohydrate (g)	83.5	13.7
Sugars (g)	26.6	4.3
Protein (g)	35.2	5.8
Salt (g)	3.34	0.55

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

Allergens

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Boil the Bulgur

a) Pour the **water for the bulgur** (see pantry for amount) into a large saucepan, stir in **half the chicken stock paste** and bring to the boil.

b) Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.

c) Pop a lid on the pan and remove from the heat.

d) Leave to the side for 12-15 mins or until ready to serve.



Curry On

a) Once the **mince** is browned, drain and discard any excess fat.

b) Stir in the remaining **chicken stock paste, passata and water for the sauce** (see pantry for amount). Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.

c) Once thickened, stir the **mango chutney, peas and butter** (see pantry for amount) into the **curry** and heat until the **peas** are piping hot and the **butter** is melted, 1 min.

d) Season with **salt and pepper**. Add a splash of **water** if it's a little too thick.



Get Frying

a) Meanwhile, halve, peel and chop the **onion** into small pieces.

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

c) Once hot, add the **lamb mince and onion**. Cook until browned and softened, 5-6 mins.

d) Use spoon to break it up as it cooks. Season with **salt and pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



Finishing Touches

a) When the **bulgur** is cooked, fluff up the **grains** with a fork.



Add the Flavour

a) While the **lamb** fries, peel and grate the **garlic** (or use a garlic press).

b) Stir the **garlic** and **pasanda style seasoning** into the **lamb mince**. Fry until fragrant, 1 min.



Serve Up

a) Share the **bulgur** between your bowls.

b) Spoon over the **lamb pasanda curry**.

c) Finish by drizzling over the **yoghurt**.

Enjoy!