



Super Quick Beef and Pea Rogan Josh with Bulgur and Yoghurt

Super Quick 10-15 Minutes • **Mild Spice** • 1 of your 5 a day

13



Bulgur Wheat



Chicken Stock Paste



British Beef Mince



Curry Powder Mix



Rogan Josh Curry Paste



Tomato Passata



Peas



Greek Style Natural Yoghurt



Ready in just 15 minutes, our Super Quick Beef and Pea Rogan Josh is fully delicious. Though rogan josh is traditionally made with lamb, this staple Kashmiri dish works just as well with beef or even goat! The sauce is aromatic and rich, spiced with ground coriander, cumin, paprika and turmeric.

Pantry Items

Oil, Salt, Pepper, Honey

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 frying pan.

Ingredients

Ingredients	2P	3P	4P
Bulgur Wheat 13	120g	180g	240g
Chicken Stock Paste	20g	30g	40g
British Beef Mince**	240g	360g	480g
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Rogan Josh Curry Paste	50g	75g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Peas**	120g	180g	240g
Greek Style Natural Yoghurt** 7	75g	120g	150g
Pantry	2P	3P	4P
Water for the Bulgur*	220ml	330ml	440ml
Water for the Sauce*	50ml	75ml	100ml
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	563g	100g
Energy (kJ/kcal)	2925 /699	520 /124
Fat (g)	28.7	5.1
Sat. Fat (g)	11.5	2.0
Carbohydrate (g)	73.6	13.1
Sugars (g)	19.0	3.4
Protein (g)	41.8	7.4
Salt (g)	3.44	0.61

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

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Cook Bulgur

- Pour the **water for the bulgur** (see pantry) into a large saucepan, stir in **half** of the **chicken stock paste** and bring to the boil.
- Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.
- Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Flavour Time

- Add the **curry powder**. Fry for 1 min more.
- Stir in the **rogan josh curry paste**, **passata**, **water for the sauce** (see pantry) and the remaining **chicken stock paste**.
- Bring up to a boil, then lower to a simmer.
- Stir through the **peas** and cook for 2-3 mins.



Get Frying

- Meanwhile, heat a frying pan on medium-high heat (no oil).
- Once hot, fry the **beef mince**, 5-6 mins. Break up the **mince** as it cooks, then drain the fat.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Dinner's Ready

- Fluff up the **bulgur** and share between bowls.
- Stir the **honey** (see pantry) into the **beef**.
- Top with your **beef rogan josh**.
- Dollop over your **yoghurt**.

Enjoy!