



Beef, Potato & Spinach Rogan Josh Curry with Naan Bread

Family 20 Minutes • Mild Spice

11



Baking Potato



Garlic Clove



Beef Mince



Tomato Puree



Curry Powder



Rogan Josh Curry Paste



Chicken Stock Paste



Plain Naan Breads



Baby Spinach



Nigella Seeds

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, saucepan, colander, frying pan and baking tray.

Ingredients

Ingredients	2P	3P	4P
Baking Potato	1	2	2
Garlic Clove**	2	3	4
Beef Mince**	240g	360g	480g
Tomato Puree	30g	45g	60g
Curry Powder	1 sachet	1 sachet	2 sachets
Rogan Josh Curry Paste	50g	75g	100g
Chicken Stock Paste	10g	15g	20g
Plain Naan Breads (7) (13)	2	3	4
Baby Spinach**	40g	80g	80g
Nigella Seeds	1 sachet	1 sachet	1 sachet
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	150ml	225ml	300ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	486g	100g
Energy (kJ/kcal)	4032 /964	831 /185
Fat (g)	43.1	8.9
Sat. Fat (g)	15.1	3.1
Carbohydrate (g)	101.1	20.8
Sugars (g)	9.7	2.0
Protein (g)	45.2	9.3
Salt (g)	3.71	0.76

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, milk, egg, mustard, celery, soya, 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.

Contact

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Get the Potatoes On

a) If you don't have a toaster, heat your oven to 220°C/200°C fan/gas mark 7 for the **naans**. Boil a full kettle.

b) Cut the **potato** into 2cm chunks (no need to peel). Peel and grate the **garlic** (or use a garlic press).

c) Once boiled, pour the **water** from your kettle into a large saucepan on high heat with ½ **tsp salt** and add the **potatoes**. Cook until you can easily slip a knife through, 15-18 mins.

d) Once cooked, drain in a colander.



Warm your Naans

a) Cut the **naans** in half widthways, then put in your toaster until golden.

b) If you're using the oven, put the **naans** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.



Fry the Mince

a) While the **potatoes** cook, heat a large frying pan on medium-high heat (no oil).

b) Once hot, add the **beef mince**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

c) 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.*



Add the Veg

a) Once the **sauce** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

b) Gently stir the **cooked potatoes** through the **curry**, adding a splash of **water** if it's a little thick.

c) Season with **salt** and **pepper**, then remove from the heat.



Curry Up

a) Once the **mince** has browned, stir in the **garlic**, **tomato puree**, **curry powder** and **rogan josh curry paste**. Cook for 1 min.

b) Stir in the **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

c) Bring to the boil, then lower the heat and simmer until thickened, 3-4 mins.



Serve

a) When everything's ready, spoon the **curry** into your bowls. Sprinkle over the **nigella seeds**.

b) Spread the **butter** (see pantry for amount) over the **naans** and serve alongside for dipping and scooping.

Enjoy!