



Beef Rogan Josh Style Curry

with Peppers, Ginger Rice and Toasted Almonds

Family 35-40 Minutes • Mild Spice • 2 of your 5 a day

8



Green Pepper



Garlic Clove



Ginger Puree



Basmati Rice



Flaked Almonds



Beef Mince



Rogan Josh Curry Paste



Tomato Passata



Chicken Stock Paste



Greek Style Natural Yoghurt



Chilli Flakes

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.

Cooking tools

Garlic press, saucepan, lid, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Green Pepper**	1	2	2
Garlic Clove**	2	3	4
Ginger Puree	1 sachet	1½ sachets	2 sachets
Basmati Rice	150g	225g	300g
Flaked Almonds 2)	15g	25g	25g
Beef Mince**	240g	360g	480g
Rogan Josh Curry Paste	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	2 cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	470g	100g
Energy (kJ/kcal)	3269 /781	696 /166
Fat (g)	32.7	7.0
Sat. Fat (g)	11.8	2.5
Carbohydrate (g)	79.1	16.8
Sugars (g)	14.1	3.0
Protein (g)	39.3	8.4
Salt (g)	2.95	0.63

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

Allergens

2) Nuts 7) Milk

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 Prepped

Halve the **pepper** and discard the core and seeds.
Slice into thin strips.

Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a medium saucepan (with a tight-fitting lid) on medium-high heat. Once hot, add **half** the **ginger puree** and stir-fry for 1 min.



Char the Peppers

Pop your (now empty) frying pan back on high heat with a drizzle of **oil**.

Once hot, add the **sliced pepper**, season with **salt** and **pepper**, then stir-fry until charred and slightly softened, 4-5 mins. Stir only every couple of mins to allow it to char.

Once charred, transfer to a plate and pop your pan back on medium-high heat.



Cook the Ginger Rice

Stir the **rice**, **¼ tsp salt** and the **cold water for the rice** (see pantry for amount) into the **ginger**.

Cover with the lid and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Simmer your Curry

Once the pan is hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.*

Add the **garlic**, **rogan josh curry paste** and remaining **ginger puree**. Stir together and cook for 1 min.

Pour in the **tomato passata**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Stir together and bring to the boil, then simmer until thickened, 6-8 mins.



Toast the Almonds

While the **rice** cooks, heat a large frying pan on medium heat (no oil).

Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins.

TIP: *Watch them like a hawk as they can burn easily.*

Transfer to a bowl and set aside.



Finish and Serve

Once thickened, stir the **charred peppers** into the **sauce**. Taste and add **salt** and **pepper** if needed.

Fluff up the **rice** with a fork and spoon into bowls, then top with the **beef curry**.

Finish with a dollop of **yoghurt** and a sprinkling of **toasted almonds** and **chilli flakes** (use less if you'd prefer things milder).

Enjoy!