

Beef Rogan Josh Style Curry

with Peppers, Ginger Rice and Toasted Almonds

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





Green Pepper









Ginger Puree



Basmati Rice



Flaked Almonds





Rogan Josh Curry Paste



Tomato Passata



Chicken Stock



Greek Style Natural Yoghurt



Chilli Flakes



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

2P	3P	4P
1	2	2
2	3	4
1 sachet	1½ sachets	2 sachets
150g	225g	300g
15g	25g	25g
240g	360g	480g
1 sachet	1½ sachets	2 sachets
1 carton	2 cartons	2 cartons
10g	15g	20g
75g	120g	150g
1 pinch	1 pinch	2 pinches
2P	3P	4P
300ml	450ml	600ml
1 tsp	1½ tsp	2 tsp
75ml	100ml	150ml
	1 2 1 sachet 150g 15g 240g 1 sachet 1 carton 10g 75g 1 pinch 2P 300ml 1 tsp	1 2 3 3 1 sachet 1½ sachets 150g 225g 15g 25g 240g 360g 1 sachet 1½ sachets 1 carton 2 cartons 10g 15g 75g 120g 1 pinch 1 pinch 2P 3P 300ml 1 tsp 1½ tsp

^{*}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.

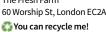
Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

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







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.



Cook the Ginger Rice

Stir the rice, 1/4 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).



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.



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.



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.



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!