



Bombay Style Lamb Curry

with Potatoes and Green Beans

27

Calorie Smart 20 Minutes • Medium Spice • 1 of your 5 a day • Under 600 Calories



Salad Potatoes



Lamb Mince



Green Beans



Baby Plum Tomatoes



North Indian Style Spice Mix



Nigella Seeds



Turmeric



Shallot



Green Chilli



Ginger Puree



Mango Chutney

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Kettle, Saucepan, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Salad Potatoes**	350g	500g	700g
Turmeric	1 sachet	1½ sachets	2 sachets
Lamb Mince**	200g	300g	400g
Shallot**	1	2	2
Green Beans**	80g	150g	150g
Green Chilli**	½	½	½
Baby Plum Tomatoes	250g	375g	500g
Ginger Puree	½ sachet	¾ sachet	1 sachet
North Indian Style Spice Mix	1 pot	1 pot	2 pot
Water for the Curry*	100ml	150ml	200ml
Mango Chutney	1 sachet	1½ sachets	2 sachets
Nigella Seeds	1 pot	3 pots	3 pots

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	500g	100g
Energy (kJ/kcal)	1785 /427	357 /85
Fat (g)	15	3
Sat. Fat (g)	7	1
Carbohydrate (g)	49	10
Sugars (g)	19	4
Protein (g)	25	5
Salt (g)	0.68	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Cook the Potatoes

a) Fill and boil your kettle and fill a large saucepan with the **boiling water**. Keep on high heat.

b) Meanwhile, chop the **potato** into 2cm chunks (no need to peel) and add to the saucepan with **half the turmeric** and **½ tsp salt**.

c) Cook until you can easily slip a knife through, 12-15 mins, then drain in a colander.

d) When cooked, return to the pan (off the heat). Keep warm with the lid on.



Cook the Curry

a) Bring to the boil then reduce the heat and simmer until the **beans** are tender and the **tomatoes** have broken down, 3-5 mins.

b) Stir through the **mango chutney**. **TIP:** Add a splash of water if the curry is looking dry.



Fry the Lamb

a) Meanwhile, put a large frying pan on medium-high heat (no oil). When hot, add the **lamb mince** and fry until browned, breaking it up with a spoon as it cooks, 3-4 mins. **IMPORTANT:** Wash your hands after handling raw mince. The mince is cooked when no longer pink in the middle.

b) While the **lamb** browns, halve, peel and thinly slice the **shallot**.

c) Trim and halve the **green beans**. Halve the **chilli** lengthways, deseed then finely chop.

d) Chop the **baby plum tomatoes** in half (or leave them whole if you prefer).



Flavour the Potatoes

a) Season the **lamb** to taste with **salt, pepper** and a pinch more **chilli** if needed.

b) Stir the **nigella seeds** through the **drained potatoes**.



Spice It Up

a) Drain any excess **lamb fat**, then stir the **shallot** and **green beans** into the **lamb** and cook until starting to soften, 2-3 mins. **TIP:** Add a drizzle of oil if the pan looks dry.

b) Stir in the **ginger puree**, **North Indian style spice mix**, remaining **turmeric**, a pinch of **chilli** (careful, it's hot - you can always add more later) and the **tomatoes**.

c) Cook for 1 min before stirring in the **water for the curry** (see ingredients for amount).



Serve

a) Using whichever pan is largest, combine the **lamb curry** with the **potatoes** and gently stir to combine.

b) Serve in bowls finished with a sprinkle more **chilli** if needed.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.