



Bombay Style Lamb Curry with Potatoes and Green Beans

Rapid 20 Minutes • Medium Spice • 2 of your 5 a day

15



Potatoes



Ground Turmeric



Lamb Mince



Red Onion



Green Beans



Red Chilli



Baby Plum Tomatoes



Ginger Puree



North Indian
Style Spice Mix



Mango Chutney

Before you start

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

Cooking tools

Kettle, saucepan, lid, colander, frying pan and bowl.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Ground Turmeric	1 sachet	2 sachets	2 sachets
Lamb Mince**	200g	300g	400g
Red Onion**	1	2	2
Green Beans**	80g	150g	150g
Red Chilli**	1	1	1
Baby Plum Tomatoes	250g	375g	500g
Ginger Puree	½ sachet	¾ sachet	1 sachet
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Water for Curry*	100ml	150ml	200ml
Mango Chutney	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	582g	100g
Energy (kJ/kcal)	2023 /484	348 /83
Fat (g)	14	2
Sat. Fat (g)	6	1
Carbohydrate (g)	65	11
Sugars (g)	20	3
Protein (g)	26	5
Salt (g)	0.67	0.11

Nutrition for uncooked ingredients based on 2 person recipe.

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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Cook the Potatoes

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

b) Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel). When the **water** is boiling, add the **potatoes** to the pan along with **half the turmeric** and **½ tsp salt**.

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

d) When cooked, drain in a colander and return to the pan (off the heat). Keep warm with the lid on.



Spice It Up

a) Drain any excess fat from the **lamb**, then add the **onion** and **green beans** 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**, **chopped 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).



Fry the Lamb

a) Meanwhile, put a large frying pan on medium-high heat (no oil).

b) 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 and equipment after handling raw mince.



Simmer 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. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

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



Veg Prep

a) While the **lamb** browns, halve, peel and chop the **red onion** into small pieces.

b) Trim and halve the **green beans**.

c) Halve the **chilli** lengthways, deseed then finely chop.

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



Finish and Serve

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

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

c) Serve in bowls and sprinkle over more **chilli** if you'd like.

Enjoy!