



# Bombay Style Lamb Curry with Turmeric Potatoes and Green Beans

**Rapid** 20 Minutes • Mild Spice • 1 of your 5 a day

15



Potatoes



Ground Turmeric



Lamb Mince



Green Beans



Baby Plum  
Tomatoes



Ginger Puree



Jalfrezi Spice Mix



Vegetable Stock  
Paste



Mango Chutney

**Pantry Items**  
Oil, Salt, Pepper

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

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Ground Turmeric	1 sachet	1½ sachets	2 sachets
Lamb Mince**	200g	300g	400g
Green Beans**	80g	150g	150g
Baby Plum Tomatoes	190g	250g	380g
Ginger Puree	½ sachet	¾ sachet	1 sachet
Jalfrezi Spice Mix	1 pot	2 pots	2 pots
Vegetable Stock Paste (10)	10g	15g	20g
Mango Chutney	1 sachet	1½ sachets	2 sachets

Pantry	2P	3P	4P
Water for the Curry*	75ml	100ml	150ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	493g 1963/469	100g 399/93
Fat (g)	15.1	3.1
Sat. Fat (g)	6.5	1.3
Carbohydrate (g)	60.1	12.2
Sugars (g)	19.2	3.9
Protein (g)	26.8	5.5
Salt (g)	2.11	0.43

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

## Allergens

### 10) Celery

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 Turmeric Potatoes

**a)** Fill and boil your kettle. Chop the **potatoes** into 2cm chunks (no need to peel).

**b)** Pour the **boiled water** into a large saucepan with **half the turmeric** and **½ tsp salt**.

**c)** Add the **potatoes** to the **water**, then bring back to the boil and cook until you can easily slip a knife through, 12-15 mins.

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



### Spice It Up

**a)** Once browned, drain any excess fat from the **mince**, then stir in the **green beans**. Cook until starting to soften, 2-3 mins. Add a drizzle of **oil** if the pan looks dry.

**b)** Stir in the **tomatoes**, **ginger puree**, **jalfrezi spice mix** and the remaining **turmeric**.

**c)** Cook for 1 min, then stir in the **veg stock paste** and **water for the curry** (see pantry for amount).



### Fry the Lamb

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

**b)** Once hot, add the **lamb mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.*



### Simmer your 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**. Add a splash of **water** if it's a little dry.

**c)** Season to taste with **salt**, **pepper** if needed.



### Prep your Veg

**a)** While the **lamb** browns, trim and halve the **green beans**.

**b)** Halve the **baby plum tomatoes** (or leave them whole if you'd prefer).



### Combine and Serve

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

**b)** Serve your **lamb curry** in deep bowls.

Enjoy!