

Crispy Golden Potato Topped Lamb Rogan Josh with Lentils, Yoghurt and Green Chilli

Calorie Smart 35-40 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



-  Potatoes
-  Carrot
-  Green Chilli
-  Lamb Mince
-  Ground Turmeric
-  Rogan Josh Curry Paste
-  Red Split Lentils
-  Tomato Passata
-  Chicken Stock Paste
-  Low Fat Natural Yoghurt

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

Frying pan and baking tray.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Carrot**	1	2	2
Green Chilli**	1	1	2
Lamb Mince**	200g	300g	400g
Ground Turmeric	1 sachet	1½ sachets	2 sachets
Rogan Josh Curry Paste	50g	75g	100g
Red Split Lentils	50g	75g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Low Fat Natural Yoghurt** 7)	75g	100g	150g

Pantry	2P	3P	4P
Water for the Curry*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	582g 2569 /614	100g 441 /105
Fat (g)	21.1	3.6
Sat. Fat (g)	7.5	1.3
Carbohydrate (g)	74.1	12.7
Sugars (g)	15.1	2.6
Protein (g)	35.2	6.0
Salt (g)	2.78	0.48

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

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

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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1 Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel).

Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.

Halve the **chilli** lengthways, deseed, then thinly slice.



4 Add the Curry Flavour

Meanwhile, stir the **rogan josh curry paste** and **half the green chilli** (add less if you'd prefer things milder) into the **lamb**. Fry until fragrant, 1 min.

Add the **lentils, passata, chicken stock paste** and **water for the curry** (see pantry for amount) to the pan, then stir together well.



2 Brown the Lamb

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **lamb mince** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**.

Once browned, add the **carrot** to the **lamb** and fry until slightly softened, 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



5 Simmer and Stir

Bring the **curry** to the boil, then lower the heat and simmer until the **lentils** are tender, 20-25 mins. Add a splash of **water** if it's a little dry and stir occasionally to prevent it from sticking.

When your **curry** is ready, remove it from the heat. Taste and season with **salt** and **pepper** if needed.



3 Roast the Golden Potatoes

While the **lamb** cooks, pop the **potatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **turmeric**. Toss to coat, then spread out in a single layer. *two baking trays if necessary.*

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

Once cooked, remove from your oven and set aside.



6 Finish and Serve

When everything's ready, spoon the **lamb and lentil rogan josh** into your bowls and top with the **crispy golden potatoes**.

Spoon a dollop of **yoghurt** on top and sprinkle over the remaining **green chilli** to finish.

Enjoy!

