

# Indian Spiced Lamb Naan

with Wedges, Tomato Salad and Yoghurt Sauce

Street Food 35-45 Minutes • Mild Spice • 2 of your 5 a day



Potatoes



North Indian Style Spice Mix



Lamb Strips



Rogan Josh Curry Paste



Greek Style Natural Yoghurt



Green Pepper



Red Onion



Baby Plum Tomatoes



Mint



Plain Naan



## Before you start

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

## Cooking tools

Baking tray, bowl and frying pan.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Lamb Strips**	200g	300g	400g
Rogan Josh Curry Paste	1 sachet	1½ sachets	2 sachets
Greek Style Natural Yoghurt**	75g	120g	150g
7)			
Green Pepper**	1	2	2
Red Onion**	1	1	2
Baby Plum Tomatoes	125g	250g	250g
Mint**	1 bunch	1 bunch	1 bunch
Plain Naan 7)			
11) 13)	2	3	4

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	705g	100g
Energy (kJ/kcal)	3371 /806	478 /114
Fat (g)	22	3
Sat. Fat (g)	7	1
Carbohydrate (g)	118	17
Sugars (g)	15	2
Protein (g)	37	5
Salt (g)	1.90	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 11) Soya 13) Cereals containing gluten

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.



## Cook Your Chips

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **North Indian style spice mix**. Toss to coat, then spread out in a single layer. **TIP:** Use two *baking trays if necessary*. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Marinate the Lamb

While the potatoes **roast**, pop the **lamb strips** into a medium bowl with the **rogan josh curry paste** and a spoonful of the **yoghurt**. Mix well and set aside. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*



## Finish the Prep

Halve the **pepper** and discard the core and seeds. Slice into thin strips, then pop onto another baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Roast the **peppers** on the middle shelf of your oven until soft and slightly charred, 15-18 mins. Meanwhile, halve, peel and thinly slice the **red onion**. Halve the **tomatoes**. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks)



## Fry the Lamb

Heat a drizzle of **oil** in a large frying pan on high heat. Once the oil is hot, add the **marinated lamb strips** to the pan and season with **salt** and **pepper**. Fry until browned, 1-2 mins, continuously stirring. **TIP:** *Cook in batches if necessary - you want the lamb to fry, not stew.* Once browned, transfer to a plate lined with kitchen paper. **IMPORTANT:** *The lamb is safe to eat when the outside is browned.*



## Add the Veg

Pop the (now empty) pan back on medium-high heat with a drizzle of **oil** if the pan is dry. Once hot, add the **onion** and **tomatoes** and cook until softened, 6-8 mins. Add a pinch of **sugar** (if you have any), then add the **lamb** back to the pan and stir through until piping hot, 1 min. Remove from the heat. Meanwhile, in a bowl, mix the remaining **yoghurt** with **half** the **mint**. Season with **salt** and **pepper**, then set the **mint yoghurt** aside.



## Assemble

A few mins before you are ready to serve, put the **naans** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins. When everything is ready, divide the **naans** between your plates and top with the **lamb** and **roasted peppers**. Drizzle over the **yoghurt sauce**, then sprinkle over the remaining **mint** to finish. Serve the **wedges** alongside.

## Enjoy!

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