



North Indian Style Lamb and Lentil Curry with Turmeric Rice and Spinach

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

15



Basmati Rice



Ground Turmeric



Lamb Mince



Onion



Red Chilli



Garlic Clove



Brown Lentils



North Indian Style
Curry Powder



Tomato Passata



Chicken Stock Paste



Baby Spinach

Before you start

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

Cooking tools, you will need:

Saucepan, Sieve, Frying Pan, Wooden Spoon, Garlic Press, Measuring Jug, Bowl.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Ground Turmeric	½ sachet	1 sachet	1 sachet
Lamb Mince**	200g	300g	400g
Onion**	1	1	2
Red Chilli**	½	1	1
Garlic Clove	1	2	2
Brown Lentils	1 carton	1½ cartons	2 cartons
North Indian Style Curry Powder	2 sachets	2 sachets	4 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Water*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	516g	100g
Energy (kJ/kcal)	2764/661	536/128
Fat (g)	16	3
Sat. Fat (g)	12	2
Carbohydrate (g)	90	18
Sugars (g)	8	2
Protein (g)	36	7
Salt (g)	1.99	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Cook the Rice

a) Bring a large saucepan of **water** to the boil with a ½ tsp of **salt** for the **rice**.

b) When boiling, add the **rice** and **half** the **turmeric**, cook for until tender, 12 mins.

c) Drain in a sieve.



Fry the Mince

a) Heat a large frying pan on high heat (no **oil**). When the pan is hot, add the **lamb mince** and cook until browned, 5-6 mins.

b) Use a wooden spoon to break it up as it cooks. **IMPORTANT:** Wash your hands after handling raw mince.

c) Meanwhile, halve, peel and chop the **onion** into small pieces.

d) Once the **lamb** has browned, add the **onion** and cook, stirring, until the **onion** is starting to soften, 3-4 mins.



Simmer

a) Add the **passata**, **water** (see ingredients for amount) and **stock paste** to the pan and stir together.

b) Stir in the **lentils**, season with **salt** and **pepper**, add a pinch of **sugar** and simmer until thickened, 4-5 mins. **TIP:** Add a splash of water if you feel it needs loosening. **IMPORTANT:** The lamb is cooked when no longer pink in the middle.



Finish Up

a) Add the **spinach** a handful at a time and cook until wilted and piping hot, 2-3 mins.

b) Taste and season with **salt** and **pepper** if needed.



Add Flavour

a) While the **onion** cooks, halve the **chilli** lengthways, deseed then finely chop.

b) Peel and grate the **garlic** (or use a garlic press).

c) Drain and rinse the **lentils** in a sieve.

d) Once the **onion** has softened, add the **north Indian style curry powder**, **garlic**, **half** the **chilli** and the remaining **turmeric** and cook, stirring, for 1 min.



Serve

a) Divide the **turmeric rice** between bowls.

b) Top with the **curry** on top with any remaining **chilli**.

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.