



# Rogan Josh Style Lamb and Lentil Curry with Spinach and Basmati Rice

**Rapid** 20 Minutes • Mild Spice • 2 of your 5 a day

15



Basmati Rice



Lamb Mince



Red Onion



Red Chilli



Garlic Clove



Brown Lentils



Rogan Josh  
Curry Paste



Tomato Passata



Chicken Stock  
Paste



Baby Spinach

**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, sieve, frying pan and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Lamb Mince**	200g	300g	400g
Red Onion**	1	1	2
Red Chilli**	½	¾	1
Garlic Clove**	1	2	2
Brown Lentils	1 carton	1½ cartons	2 cartons
Rogan Josh Curry Paste	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	60g	80g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3001/717	574/137
Fat (g)	20.8	4.0
Sat. Fat (g)	7.2	1.4
Carbohydrate (g)	93.6	17.9
Sugars (g)	12.1	2.3
Protein (g)	35.5	6.8
Salt (g)	2.82	0.54

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

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

 You can recycle me!



## Cook the Rice

- Boil a full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve.



## Simmer and Stir

- Add the **passata**, **water for the sauce** (see ingredients for amount) and **chicken stock paste** to the pan, then stir together.
- Stir in the **lentils**, season with **salt**, **pepper** and a pinch of **sugar** (if you have any), then simmer until thickened, 4-5 mins. **IMPORTANT: The lamb is cooked when no longer pink in the middle.**
- Add a splash of **water** if you feel it needs loosening.



## Fry the Mince

- Meanwhile, heat a large frying pan on high heat (no oil).
- Once hot, add the **lamb mince** and cook 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.**
- In the meantime, halve, peel and chop the **red onion** into small pieces.
- Once the **lamb** has browned, drain and discard any excess fat. Add the **onion** to the **lamb** and cook, stirring, until softened, 3-4 mins.



## Add the Spinach

- Add the **spinach** to the **curry** a handful at a time and cook until wilted and piping hot, 2-3 mins.
- Taste and season with **salt** and **pepper** if needed.



## Add the Flavour

- While the **onion** cooks, halve the **chilli** lengthways, deseed, then finely chop (see ingredients for amount).
- Peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **lentils** in a sieve.
- Once the **onion** has softened, stir in the **rogan josh curry paste**, **garlic** and **half the chilli** (add less if you'd prefer things milder). Cook, stirring, for 1 min.



## Serve

- Fluff up the **rice** with a fork and share between your bowls.
- Top with the **lamb curry** and finish with a sprinkling of any remaining **chilli**.

## Enjoy!