













Rogan Josh Style Lamb and Chickpea Curry with Spinach and Basmati Rice

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

15



-  Basmati Rice
-  Lamb Mince
-  Red Onion
-  Red Chilli
-  Garlic Clove
-  Chickpeas
-  Rogan Josh Curry Paste
-  Tomato Passata
-  Chicken Stock
-  Paste Baby Spinach

Recipe Update

Due to quality issues with **lentils**, you'll instead receive **chickpeas**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

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, lid, 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
Chickpeas	1 carton	1½ cartons	2 cartons
Rogan Josh Curry Paste	50g	75g	100g
Tomato Passata	1 carton	1 carton	1 carton
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)	3187 /762	522 /125
Fat (g)	23.0	3.8
Sat. Fat (g)	7.4	1.2
Carbohydrate (g)	96.9	15.9
Sugars (g)	17.2	2.8
Protein (g)	37.6	6.2
Salt (g)	3.09	0.51

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

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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 pantry for amount) and **chicken stock paste** to the pan, then stir together.
- Stir in the **chickpeas**, 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 it's a little too thick.



Fry the Mince

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



Bring on the Spinach

- Add the **spinach** to the **curry** a handful at a time and cook until wilted and piping hot, 1-2 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 **chickpeas** 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!