



# Indian Style Spiced Lamb Naan

with Tomato Salad, Yoghurt Sauce and Chips

**STREET FOOD** 35 Minutes • Little Heat • 2 of your 5 a day

Nº 18



Potato



Lamb Strips



Rogan Josh Paste



Natural Yoghurt



Green Pepper



Red Onion



Baby Plum Tomatoes



Mint



Naan

## Before you start

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

### Basic cooking tools you will need:

Two Baking Trays, Mixing Bowl and Frying Pan.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Lamb Strips**	200g	300g	400g
Rogan Josh Paste	1 sachet	1½ sachets	2 sachets
Natural Yoghurt 7)**	150g	225g	300g
Green Pepper**	1	2	2
Red Onion**	1	1	2
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Mint**	1 bunch	1 bunch	1 bunch
Naan 7) 13)	2	3	4

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	784g	100g
Energy (kJ/kcal)	3226 /771	412 /98
Fat (g)	19	2
Sat. Fat (g)	5	1
Carbohydrate (g)	112	14
Sugars (g)	18	2
Protein (g)	39	5
Salt (g)	1.91	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Cook your Chips!

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



## 4. Make the Yoghurt Sauce

Mix the remaining **yoghurt** with **half** the **mint**, season with **salt** and **pepper** and stir to combine. **TIP:** if you have any washing up do this now.



## 2. Marinade the Lamb

Pop the **lamb strips** in a bowl with the **Rogan Josh paste** and a spoonful of **yoghurt**. Mix well and set aside. **IMPORTANT:** Wash your hands after handling raw meat. Halve the **pepper** and discard the core and seeds. Slice into thin strips.



## 5. Fry the Lamb

Heat a drizzle of **oil** in a frying pan over high heat. Add the **tomatoes** and **onion**, cook until soft and jammy, 5-6 mins. Add a pinch of **sugar** if you have any. Once the **onion** and **tomatoes** have softened, add the **lamb** and cook until golden all over, 3-4 mins. Remove from the heat. **IMPORTANT:** The lamb is safe to eat when the outside is no longer pink. Pop the **naans** on a baking tray in the oven for 3-4 mins to warm through.



## 3. Finish the Prep

Pop the **pepper** onto a roasting tray. Drizzle with **oil** and season with **salt** and **pepper**. Roast until soft and slightly charred, 15-20 mins. Halve, peel and finely slice the **red onion**. Halve the **tomatoes**. Pull the **mint leaves** off their stalks and roughly chop (discard the stalks).



## 6. Assemble!

Divide the **naans** between plates then top with the **lamb mixture**. Top this with the **roasted pepper**, followed by a drizzle of the **minty yoghurt sauce** and a sprinkle of the remaining **mint**. Serve with **wedges** alongside.

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.