



# Lamb Rogan Josh Pilaf

with Green Beans and Mango Chutney Yoghurt

Rapid Eat Me Early • 20 Minutes • 1 of your 5 a day

15



Red Onion



Garlic Clove



Baby Plum Tomatoes



Green Beans



Basmati Rice



Lamb Mince



Rogan Josh Curry Paste



Chicken Stock Paste



Low Fat Natural Yoghurt



Mango Chutney

## Before you start

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

## Cooking tools

Kettle, garlic press, saucepan, frying pan, lid, sieve and bowl.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	1	1	2
Baby Plum Tomatoes	125g	190g	250g
Green Beans**	80g	150g	150g
Basmati Rice	150g	225g	300g
Lamb Mince**	200g	300g	400g
Rogan Josh Curry Paste	1 sachet	1½ sachets	2 sachets
Water for the Lamb*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Low Fat Natural Yoghurt** 7)	75g	120g	150g
Mango Chutney	1 sachet	1½ sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	421g	100g
Energy (kJ/kcal)	2729 /652	648 /155
Fat (g)	20.4	4.9
Sat. Fat (g)	7.4	1.8
Carbohydrate (g)	85.9	20.4
Sugars (g)	20.4	4.8
Protein (g)	30.8	7.3
Salt (g)	2.29	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk

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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## Get Prepped

- Boil a full kettle.
- Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).
- Halve the **baby plum tomatoes**.
- Trim the **green beans** and chop into thirds.



## Mango Yoghurt Time

- Meanwhile, pop the **yoghurt** into a small bowl.
- Add **half** the **mango chutney**, season with **salt** and **pepper**, then mix together.



## Start Cooking

- When boiling, pour the **water** into a large saucepan with  $\frac{1}{4}$  **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Meanwhile, heat a frying pan on high heat (no oil). When hot, add the **lamb mince** and cook until browned, 3-4 mins.
- Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince.
- When the **rice** has 5 mins of cooking time left, add the **green beans** to the **rice** pan and cook for the remaining time. Drain the **rice** and **beans** in a sieve when ready.



## Combine Together

- Add the **cooked rice**, **green beans** and remaining **mango chutney** to the **lamb mixture**.
- Mix well to combine.
- Taste and season with **salt** and **pepper**. **TIP:** Add a splash more water if it's a little dry.



## Add the Flavour

- Once the **mince** has browned, add the **red onion**. Cook, stirring regularly, until softened, 3-4 mins.
- Add the **rogan josh curry paste** and **garlic** and cook, stirring, for 1 min.
- Add the **tomatoes**, **water for the lamb** (see ingredients for amount) and **chicken stock paste**. Season with **salt** and **pepper**.
- Cover with a lid (or foil) and simmer, stirring occasionally, until the **tomatoes** have softened, 5-7 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Serve

- Divide the **pilaf** between your bowls.
- Spoon over the **mango chutney yoghurt** to finish.

## Enjoy!