



TANDOORI LAMB CHOP

WITH GOLDEN LENTILS

SPECIALITY INGREDIENT



HELLO TURMERIC

This contains the compound curcumin which is reported to have anti-inflammatory effects.



Tandoori Masala



Greek Yoghurt



Lamb Chop



Carrot



Baby Parsnip



Garlic Clove



Coriander



Vert Lentils



Ground Turmeric



Water



Chicken Stock Pot



Flaked Almonds



Nigella Seeds



Mango Chutney

Chef André is the mastermind behind tonight's delicious yoghurt-marinated lamb recipe. When asked about the inspiration behind this recipe, here's what he said: 'Using yoghurt as a marinade makes the tandoori spice mix warm rather than super spicy. Also, when you grill meat that's been marinated in yoghurt you get a lovely charred flavour which works really well with lamb!' We're sold, and we're sure you will be too!

- 25 mins
- 1.5 of your 5 a day
- Very Hot

MEAL BAG

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, **Fine Grater** (or **Garlic Press**), **Sieve**, **Large Saucepan** (with a **Lid**), **Measuring Jug**, some **Foil**, **Baking Tray** and **Frying Pan**. Now, let's get cooking! If you get a chance, marinate the lamb the night before and store in the fridge to maximise the flavour.



1 MARINATE THE LAMB

Pop the **tandoori masala** and a **quarter** of the **Greek yoghurt** into a mixing bowl and season with **salt** and **black pepper**. Mix well, then add the **lamb chops**. Combine the ingredients with your hands, making sure the **lamb** is well coated in the **yoghurt** and the **spices**. ★ **TIP:** Remember to wash your hands after handling raw meat!



2 PREP THE VEGGIES

Remove the top and bottom from the **carrot** and **baby parsnip** (no need to peel). Cut lengthways into 1cm wide strips then chop into 1cm chunks. Peel and grate the **garlic** (or use a garlic press). Pick the **coriander leaves** from their stalks and roughly chop. Finely chop the **stalks** (keep them separate). Drain and rinse the **lentils** in a sieve.



3 COOK THE VEGGIES

Heat a splash of **oil** in a large saucepan over medium heat. Add the **carrot** and **parsnip**. Cook, stirring frequently until slightly soft, 5 mins. Add the **garlic**, **coriander stalks** and **ground turmeric**. Cook for 1 minute. Pour in the **water** (amount specified in the ingredient list) and add the **chicken stock pot**. Stir to dissolve the **stock pot**, bring to the boil, pop the lid on and lower the heat. Cook until soft, 15 mins.



4 GRILL THE LAMB

Preheat your grill to high. Pop the **lamb** on a foil-lined baking tray and grill until the **lamb** is brown on the outside but pink in the middle, 6-7 mins on each side. ★ **TIP:** Allow the marinade to scorch - this is your tandoori flavour! If you like your lamb well done, cook for 3 mins more on each side. Once cooked, remove from the grill and allow the **lamb** to rest for a couple of mins. This will make it more juicy when you tuck in!



5 TOAST THE NUTS

While the lamb and veggies cook, heat a frying pan over medium heat (no oil!). Toast the **flaked almonds** with the **nigella seeds** until golden, 3-4 mins. Toss and turn them frequently to make sure they don't burn. Once toasted, transfer to a small bowl. When the **veggies** have been cooking for 15 mins and are soft, stir in the **lentils** and cook until piping hot, 2 mins. Remove from the heat.



6 FINISH OFF

Stir the **mango chutney** and remaining **Greek yoghurt** into the hot **lentils** off the heat. Add **salt** and **black pepper** to taste. Share the **golden lentils** between your bowls. Top with the **tandoori lamb** and sprinkle on the **toasted almonds** and **nigella seeds**. Garnish with a sprinkle of the chopped **coriander leaves**. **Enjoy!**

2 PEOPLE INGREDIENTS

Tandoori Masala	1½ tsp
Greek Yoghurt 7)	1 pot
Lamb Chop	2
Carrot, chopped	1
Baby Parsnip, chopped	1 pack
Garlic Clove, grated	1
Coriander, chopped	1 bunch
Vert Lentils	1 tin
Ground Turmeric	¾ tsp
Water*	150ml
Chicken Stock Pot	½
Flaked Almonds 8)	25g
Nigella Seeds	1½ tsp
Mango Chutney	40g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	1033	146
(kJ)	4323	613
Fat (g)	53	8
Sat. Fat (g)	22	3
Carbohydrate (g)	73	10
Sugars (g)	33	5
Protein (g)	66	9
Salt (g)	4.43	0.63

ALLERGENS

7)Milk 8)Nuts

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

PAIR THIS MEAL WITH



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