



Pea and Mushroom Rogan Josh

with sprinkled scallion and fluffy rice

Family Veggie 40 – 45 mins • Spicy

9



Onion



Garlic



Chopped Tomato with Onion & Garlic



Rice



North Indian Style Spice Mix



Vegetable Stock



Scallion



Mushrooms



Coconut Milk



Peas



Rogan Josh Curry Paste



Honey

Pantry Items: Water, Oil, Salt, Pepper, Sugar



Rate your recipe!

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pot with lid

Ingredients

	2P	4P
Onion	1 unit	2 units
Garlic	2 units	4 units
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Rice	150 g	300 g
North Indian Style Spice Mix	2 sachets	4 sachets
Vegetable Stock	1 sachet	2 sachets
Scallion	2 units	4 units
Mushrooms	150 g	250 g
Coconut Milk	1 pack	2 packs
Peas	120 g	240 g
Rogan Josh Curry Paste	1 sachet	2 sachets
Honey	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	608 g	100 g
Energy (kJ/kcal)	2723.8 kJ/ 651 kcal	448 kJ/ 107.1 kcal
Fat (g)	20.7 g	3.4 g
Sat. Fat (g)	14.9 g	2.5 g
Carbohydrate (g)	98.2 g	16.2 g
Sugars (g)	24.1 g	4 g
Protein (g)	18.3 g	3 g
Salt (g)	4.2 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 10 mins, then remove the pot from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Add the Spice

- Once the **onion** has softened, add the **mushrooms, garlic, and North Indian spice mix**.
- Cook, stirring continuously, for 1 min.
- Add the **peas** and cook until warmed through, 3-4 mins.



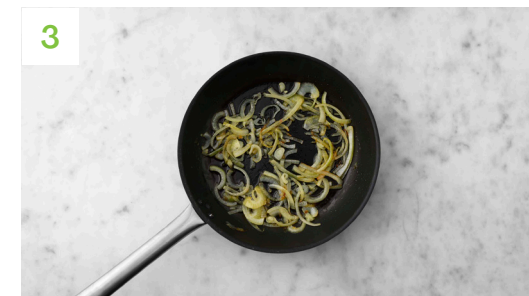
Get Prepped

- Meanwhile, halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **mushrooms**.
- Trim and thinly slice the **scallion**.



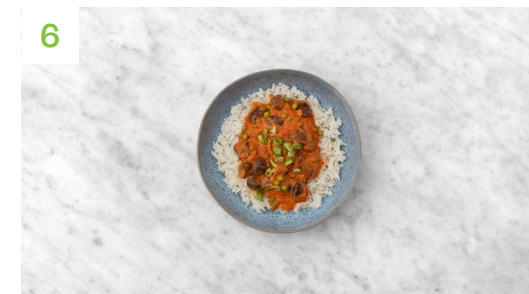
Simmer Slowly

- Pour in 50ml **water** (double for 4p) along with the **vegetable stock** and **chopped tomatoes**.
- Stir in the **coconut milk** and simmer until thickened, stirring occasionally, 8-10 mins.
- Loosen with a splash of **water** if necessary.
- Stir through **rogan josh paste** and **honey**. Taste the curry, adding **salt, pepper** and **sugar** if you feel it needs it.



Soften the Onion

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, cook the **onion** until softened, stirring occasionally, 4-5 mins.



Finish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Top with **pea** and **mushroom** curry.
- Finish with a sprinkling of sliced **scallion**.

Enjoy!