



# Beef Rogan Josh

with crispy potatoes and creme fraiche

Classic 35-45 mins • Optional spice

2



Beef Mince



Chicken Stock



Chilli



Lentils



Potatoes



Carrot



Ground Turmeric



Korma Curry Paste



Passata



Creme Fraiche

Pantry Items: Salt, Pepper, Oil, Water

## Before you start

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

## Cooking tools you will need

Baking Sheet with Baking Paper, Sieve

## Ingredients

	2P	4P
Beef Mince	250 g	500 g
Chicken Stock	1 sachet	2 sachets
Chilli	1 unit	2 units
Lentils	1 pack	2 packs
Potatoes	400 g	800 g
Carrot	1 unit	2 units
Ground Turmeric	1 sachet	2 sachets
Korma Curry Paste	1 sachet	2 sachets
Passata	1 pack	2 packs
Creme Fraiche	62.5 g	125 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	772 g	100 g
Energy (kJ/kcal)	3573.4 kJ/ 854.1 kcal	462.9 kJ/ 110.6 kcal
Fat (g)	35.2 g	4.6 g
Sat. Fat (g)	17.2 g	2.2 g
Carbohydrate (g)	77.3 g	10 g
Sugars (g)	30.4 g	3.9 g
Protein (g)	32.3 g	4.2 g
Salt (g)	4.9 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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.

## Contact

Thumbs up or thumbs down?  
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### Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm chunks (no need to peel).
- Remove the ends from the **carrot** (no need to peel), quarter lengthways then chop into 1cm chunks.
- Halve the **chilli** lengthways, deseed then thinly slice.
- Drain and rinse **lentils** in a sieve.



### Simmer the Curry

- Add **passata, lentils, stock** and 200ml **water** (double for 4p).
- Stir together and bring the mixture gently to the boil, then simmer until the curry has reduced, 10-12 mins.
- Add a splash of **water** if it needs loosening.
- Once the **curry** is cooked, season to taste with **salt** and **pepper**.



### Roast the Potatoes

- Pop the **potatoes** onto a lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**.
- Sprinkle over the **turmeric** and toss to coat.
- Roast the **potatoes** on the top shelf of your oven until golden and crispy, 25-30 mins. Turn halfway through cooking.
- Once cooked, remove from your oven and set aside.

**TIP:** Use two baking trays if necessary.



### Finish and Serve

- Divide the curry into bowls and lay the roasted **potatoes** on top.
- Spoon over half the **creme fraiche** (double for 4p) and garnish with any remaining **chilli** to taste.

## Enjoy!



### Start the Curry

- Place a large pan on medium-high heat (no oil).
- Once hot, add the **beef mince**. Season with **salt** and **pepper**. Fry until browned, 4-5 mins. Break up with a spoon as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw meat. Mince is cooked when no longer pink in the middle.
- Add **carrot** and fry until softened, 3-4 mins.
- Add **korma paste** and **chilli** (use less if you don't like spice). Cook for 1 min.