



# Beef Rogan Josh

with crispy potatoes and creme fraiche

35-40 mins • *Optional spice*

2



Beef Mince



Potatoes



Chilli



Lentils



Chicken Stock



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!

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

## Cooking tools you will need

Baking sheet with baking paper, sieve

## Ingredients

	2P	4P
Beef Mince	250 g	500 g
Potatoes	3 units	6 units
Chilli	1 unit	2 units
Lentils	1 pack	2 packs
Chicken Stock	1 sachet	2 sachets
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	65 g	125 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	873.2 g	100 g
Energy (kJ/kcal)	4221.7 kJ/ 1009 kcal	483.5 kJ/ 115.6 kcal
Fat (g)	42.8 g	4.9 g
Sat. Fat (g)	18.8 g	2.2 g
Carbohydrate (g)	100.4 g	11.5 g
Sugars (g)	31.3 g	3.6 g
Protein (g)	49.1 g	5.6 g
Salt (g)	6.8 g	0.8 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.

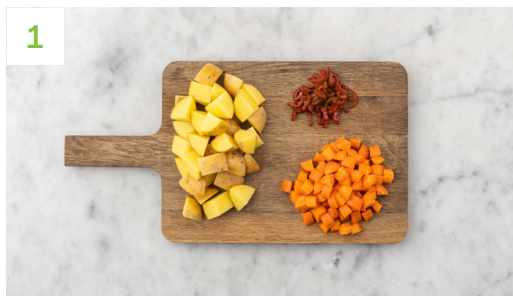
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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## Prep the Veg

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks (no need to peel).
- Trim the **carrot** (unpeeled), quarter lengthways then chop into 1cm chunks.
- Halve the **chilli** lengthways, deseed then thinly slice widthways.
- Drain and rinse **lentils** in a sieve.



## Start the Curry

- Add the chopped **carrot** to the pan and fry until softened, 3-4 mins.
- Add **korma paste** and **chilli** (use less if you don't like spice).
- Stir together and cook until fragrant, 1 min.



## Roast the Potatoes

- Pop the **potatoes** onto a lined baking tray.
- Drizzle with **oil**, 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, 25-35 mins. Turn halfway through cooking.

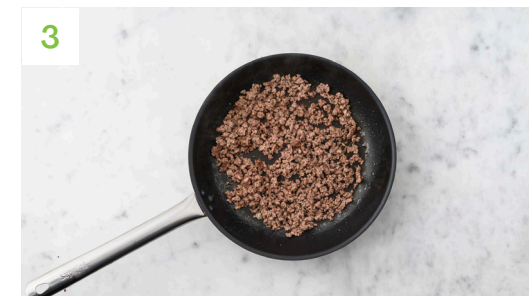
**TIP:** Use two baking trays if necessary.



## Simmer the Sauce

- Add the **passata**, **lentils**, **stock powder** and 200ml **water** (double for 4p) to the pan.
- Stir together and bring to the boil, then simmer until the curry has reduced, 10-12 mins.
- Once the curry is cooked, season to taste with **salt** and **pepper**.

**TIP:** Add a splash of water if you feel the sauce needs loosening.



## Cook the Mince

- Place a large pan over medium-high heat (no oil).
- Once hot, add the **beef mince** and season with **salt** and **pepper**.
- Fry until browned, 4-5 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw meat. Mince is cooked when no longer pink in the middle.



## Finish and Serve

- Divide the **beef** rogan josh between bowls.
- Scatter the roasted **potatoes** on top.
- Spoon over a dollop of cooling **creme fraiche**.
- Garnish to taste with any remaining **chilli**.

**Enjoy!**