



# Beef Rogan Josh Style Curry

with Peppers, Ginger Rice and Toasted Almonds

**Classic** 30 Minutes • Little Spice • 1 of your 5 a day

8



Onion



Green Pepper



Garlic Clove



Ginger



Basmati Rice



Flaked Almonds



Beef Mince



Honey



Rogan Josh Paste



Tomato Passata



Chicken Stock Powder



Chilli Flakes



Greek Yoghurt

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Garlic Press, Grater, Saucepan, Measuring Jug, Frying Pan, Wooden Spoon, Bowl.

## Ingredients

	2P	3P	4P
Onion**	1	1	2
Green Pepper**	1	2	2
Garlic Clove	2	3	4
Ginger**	1	1	2
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Flaked Almonds 2)	15g	25g	25g
Beef Mince**	240g	360g	480g
Honey	1 sachet	1 sachet	2 sachets
Rogan Josh Paste	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	2 cartons	2 cartons
Water for the Sauce*	75ml	100ml	150ml
Chicken Stock Powder	1 sachets	2 sachets	2 sachets
Chilli Flakes	1 pinch	1 pinch	1 pinch
Greek Yoghurt 7)**	75g	100g	150g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	545g	100g
Energy (kJ/kcal)	3398 / 812	624 / 149
Fat (g)	33	6
Sat. Fat (g)	11	2
Carbohydrate (g)	91	17
Sugars (g)	21	4
Protein (g)	38	7
Salt (g)	2.22	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

2) Nut 7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Get Prepped

Halve, peel and chop the **onion** into small 1cm pieces. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Heat a drizzle of **oil** in a medium saucepan on medium-high heat. Once hot, add **half the ginger** and stir fry for 1 minute.



## Cook the Peppers

Pop your frying pan back on high heat and add a drizzle of **oil**. Add the **pepper slices**, season with **salt** and **pepper** and stir fry until charred and slightly softened, 4-5 mins. **TIP: Don't stir too much to allow the peppers to colour.** Once charred, transfer to a plate and pop your pan back on medium-high heat.



## Cook the Rice

Pour the cold **water** for the **rice** (see ingredients for amount) into a medium saucepan with a tight fitting lid, along with **half the ginger** and bring to the boil on medium-high heat. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



## Simmer!

Add the **beef mince** and cook until browned, 5-6 mins. Use a wooden spoon to break it up as it cooks. Once browned, drain any excess fat from the pan, then add the **onion**, stir together with the **mince** and cook until the **onion** has softened, 4-5 mins. Add the **garlic**, **honey**, **rogan josh curry paste** and remaining **ginger**. Stir together and cook for 1 minute. Pour in the **tomato passata** and the **water** (see ingredients for amount). Stir in the **chicken stock powder**, bring to the boil and simmer until the **mixture** has thickened, 6-8 mins.



## Toast the Almonds

Heat a large frying pan/saucepan over medium heat (no oil). Once hot, add the **flaked almonds** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP: Watch them like a hawk as they burn easily.** Transfer the **almonds** to a bowl and set aside.



## Finish and Serve

Stir the **charred peppers** into the **sauce**. **IMPORTANT: The mince is cooked when no longer pink in the middle.** Taste and add **salt** and **pepper** if you feel it needs it. Fluff up the **rice** with a fork and spoon into bowls. Top with the **rogan josh**, a pinch of **chilli flakes** (add less if you don't like heat) and finish with a dollop of **Greek yoghurt** and a sprinkling of **toasted almonds**.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.