



# Crispy Potato Topped Lamb Rogan Josh

with Lentils and Natural Yoghurt

N° 6

CLASSIC 40 Minutes • Little Heat



-  Potato
-  Carrot
-  Green Chilli
-  Ground Turmeric
-  Lamb Mince
-  Rogan Josh Paste
-  Red Split Lentils
-  Tomato Passata
-  Chicken Stock Powder
-  Natural Yoghurt

## Before you start

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

### Basic cooking tools, you will need:

Baking Tray, Frying Pan, Measuring Jug and Ovenproof Dish.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Carrot**	1	2	2
Green Chilli**	1	1	2
Ground Turmeric	1 pot	1 pot	1 pot
Lamb Mince**	200g	300g	400g
Rogan Josh Paste	1 sachet	1½ sachets	2 sachets
Red Split Lentils	50g	75g	100g
Tomato Passata	1 sachet	1½ sachets	2 sachets
Water for the Lamb*	400ml	600ml	800ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Natural Yoghurt 7)**	150g	150g	300g

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	619g	100g
Energy (kJ/kcal)	2625/628	424/102
Fat (g)	21	3
Sat. Fat (g)	8	1
Carbohydrate (g)	77	12
Sugars (g)	16	3
Protein (g)	36	6
Salt (g)	2.31	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 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

#### Thumbs up or thumbs down?

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Packed in the UK



## 1. Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Remove the ends from the **carrot** (no need to peel), halve lengthways then chop into 1cm strips. Chop into 1cm chunks. Halve the **chilli** lengthways, deseed then slice thinly.



## 4. Simmer

Stir together and bring the **mixture** gently to the boil, simmer until the **lentils** are tender, 20-25 mins. Add a splash of **water** if the **mixture** is dry. Once the **mixture** is cooked. Season to taste with **salt** and **pepper** if you feel it needs it. Then transfer to an ovenproof dish.



## 2. Roast the Potato

Pop the **potato** on a baking tray and 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, you want the potatoes nicely spread out.



## 5. Bake

Lay the **roasted potatoes** on top of the **lamb mixture**, then bake in your oven until the **mixture** is bubbling, 4-5 mins.



## 3. Start the Lamb

Meanwhile, heat a frying pan on medium high heat (no oil). Once hot, add the **lamb** and season with **salt** and **pepper**. Fry until browned, 4-5 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle. Add the **carrot** to the **lamb**, fry until the **carrot** softens slightly, 3-4 mins. Stir in the **rogan josh paste** and **half the green chilli** (add less if you don't like heat). Cook for one minute, then add the **lentils**, **passata**, **water** (see ingredient list for amount) and **chicken stock powder**.



## 6. Serve

Remove from your oven and drizzle over some of the **yoghurt** and sprinkle over the remaining **green chilli**. Spoon into bowls, drizzle over some more **yoghurt** (and more **chilli** for anyone that likes things extra spicy).

## 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.