



Indian Inspired Spiced Lamb Naan

with Tomato Salad, Yoghurt Sauce and Chips

Street Food 35 Minutes • Little Heat • 2 of your 5 a day



Potato



Lamb Strips



Rogan Josh Paste



Natural Yoghurt



Green Pepper



Red Onion



Baby Plum Tomatoes



Mint



Naan

Before you start

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

Cooking tools, you will need:

Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Lamb Strips**	200g	300g	400g
Rogan Josh Paste	1 sachet	1½ sachets	2 sachets
Natural Yoghurt 7)**	150g	225g	300g
Green Pepper**	1	2	2
Red Onion**	1	1	2
Baby Plum Tomatoes	125g	250g	250g
Mint**	1 bunch	1 bunch	1 bunch
Naan 7) 13)	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	746g	100g
Energy (kJ/kcal)	3207 / 767	430 / 103
Fat (g)	18	2
Sat. Fat (g)	5	1
Carbohydrate (g)	111	15
Sugars (g)	16	2
Protein (g)	39	5
Salt (g)	1.91	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

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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Cook Your Chips!

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide **wedges** (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



Make the Yoghurt Sauce

Mix the remaining **yoghurt** with **half** the **mint**, season with **salt** and **pepper** and stir to combine.
Tip: If you have any washing up do this now.



Marinate the Lamb

Pop the **lamb** strips in a bowl with the **rogan josh paste** and a spoonful of **yoghurt**. Mix well and set aside. **IMPORTANT:** Wash your hands after handling raw **meat**. Halve the **pepper** and discard the core and seeds. Slice into thin strips.



Fry the Lamb

Heat a drizzle of **oil** in a frying pan over high heat. Add the **lamb strips** and stir-fry until browned but not cooked through, 2 mins. **TIP:** Do this in batches if your pan is small. You want the **steak** to brown not stew. Remove to a plate and return your pan to high heat with a splash of **oil** if needed. Add the **tomatoes** and **onion**, cook until soft and jammy, 6-8 mins. Add a pinch of **sugar** if you have any. Once the **onion** and **tomatoes** have softened, stir in the **lamb** and cook for 1 minute. **IMPORTANT:** The lamb is safe to eat when the outside is browned. Remove from the heat. Meanwhile, pop the **naans** on a baking tray in the oven for 3-4 mins to warm through.



Finish the Prep

Pop the **pepper** onto a roasting tray. Drizzle with **oil** and season with **salt** and **pepper**. Roast until soft and slightly charred, 15-20 mins. Halve, peel and finely slice the **red onion**. Halve the **tomatoes**. Pull the **mint leaves** off their stalks and roughly chop (discard the **stalks**).



Assemble!

Divide the **naans** between plates then top with the **lamb** mixture. Top this with the **roasted pepper**, followed by a drizzle of the **minty yoghurt sauce** and a sprinkle of the remaining **mint**. Serve with **wedges** alongside.

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.