



LAMB & CHICKPEA CURRY

with Fragrant Rice



HELLO CORIANDER

Know a coriander hater? Around 14% of people carry a gene which makes this herb taste soapy to them!



Lamb Mince



Red Onion



Red Pepper



Ginger



Chickpeas



Courgette



Basmati Rice



Star Anise



Mustard Seeds



Sri Lankan Curry Powder



Tomato Passata



Chicken Stock Powder



Coriander

MEAL BAG

30 mins

4.5 of your 5 a day

Medium heat

You'll love how quick and easy it is to prepare this mouth-watering curry of tender lamb and nutty chickpeas. Sri Lankan curry powder combines with mustard seeds and ginger to tingle all your taste buds whilst coriander keeps things fresh. Time to throw away those takeaway menus!

4

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Frying Pan, Fine Grater, Sieve, Measuring Jug** and **Large Saucepan** (with a **Lid**). Now, let's get cooking!



1 BROWN THE LAMB

Put a frying pan on medium-high heat and add the **lamb mince** (no oil). Cook until browned, breaking it up with a wooden spoon as it cooks, 8-10 mins.



2 PREP THE VEGGIES

Halve, peel and thinly slice the **red onion**. Halve the **pepper** and remove the core and seeds. Slice into thin strips. Peel and grate the **ginger**. Drain and rinse the **chickpeas** in a sieve. Trim the **courgette** then quarter lengthways. Chop widthways into small pieces.



3 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the **rice, courgette** and **star anise**, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** *The rice will finish cooking in its own steam.*



4 MAKE THE CURRY

When the **lamb** has browned, add the **ginger, mustard seeds, onion** and **pepper**. Cook for 5 mins. Add the **Sri Lankan curry powder**. Cook for 1 minute more. Add the **chickpeas** and **tomato passata**. Bring to the boil. Lastly add the **stock powder** and **water** (see ingredients for amount). Lower the heat and simmer gently until the liquid has reduced by half, 15-20 mins.



5 ADD THE CORIANDER

Meanwhile, roughly chop the **coriander** (stalks and all). When the **curry** has reduced by half, remove from the heat. Taste the **curry** and add **salt** and **pepper** if necessary. Stir in **half** the **coriander**.



6 FINISH AND SERVE

Take the lid off the **rice**, remove the **star anise** and fluff up with a fork. Spoon the **rice** onto plates and serve your **lamb and chickpea curry** on top. Finish with a sprinkling of the remaining **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Lamb Mince *	250g	375g	500g
Red Onion *	1	1	2
Red Pepper *	1	1½	2
Ginger *	½ piece	¾ piece	1 piece
Chickpeas	1 carton	1½ cartons	2 cartons
Courgette *	1	1½	2
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Star Anise	1	2	2
Mustard Seeds 9)	1 sachet	1½ sachets	2 sachets
Sri Lankan Curry Powder	1 small pot	¾ large pot	1 large pot
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Water for the Curry*	200ml	300ml	400ml
Coriander *	1 bunch	1 bunch	1 bunch

*Not Included

*Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 695G	PER 100G
Energy (kcal)	758	109
(kJ)	3169	456
Fat (g)	22	3
Sat. Fat (g)	7	1
Carbohydrate (g)	94	14
Sugars (g)	21	3
Protein (g)	41	6
Salt (g)	1.47	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

9) Mustard

🧼 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.

👍 THUMBS UP OR THUMBS DOWN?

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