



# Lamb Rogan Josh Pie with Turmeric Roastie Topping

**CLASSIC** 40 Minutes • 1.5 of your 5 a day

N° 4



Potato



Carrot



Green Chilli



Ground Turmeric



Lamb Mince



Rogan Josh Paste



Red Split Lentils



Tomato Passata



Knorr Vegetable Stock Pot



Natural Yoghurt

## Before you start

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

### Basic cooking tools, you will need:

Sieve, 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	1½	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 carton	1½ cartons	2 cartons
Water for the Lamb	400ml	600ml	800ml
Knorr Vegetable Stock Pot <b>10</b> )	1 pot	1½ pots	2 pots
Natural Yoghurt <b>7</b> )	1 pouch	1 pouch	2 pouches

\*Not Included

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	628g	100g
Energy (kJ/kcal)	2738 /655	436 /104
Fat (g)	22	4
Sat. Fat (g)	7	1
Carbohydrate (g)	80	13
Sugars (g)	19	3
Protein (g)	35	6
Salt (g)	3.67	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **10)** Celery

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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## 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. Drain and rinse the **lentils** in a sieve.



## 4. Simmer & Transfer

Stir to dissolve the **Knorr stock pot**, bring the **mixture** gently to the boil and simmer until the lentils are tender, 20-25 mins. Add a splash of **water** if the **mixture** is dry. Once the **mixture** is cooked, taste and add **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 a pinch of **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, turning halfway through cooking. Once cooked, remove from your oven and set aside.



## 5. Bake

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



## 3. Start the Lamb

Heat a frying pan on medium-high heat (no oil). Once hot, add the **lamb** and a pinch of **salt** and **pepper**. Fry until nicely browned, 4-5 mins. Use a spoon to break it up as it cooks. 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 1 minute, then add the **lentils**, **passata**, **water** (see ingredient list for amount) and **Knorr vegetable stock pot**.



## 6. Serve

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

Enjoy!

### HELLO KNORR

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