

Lamb Rogan Josh Pie

with Turmeric Roastie Topping

CLASSIC 40 Minutes • 1.5 of your 5 a day













Green Chilli

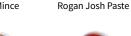


Ground Turmeric





Lamb Mince





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

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	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 10)	1 pot	1½ pots	2 pots
Natural Yoghurt 7)	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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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. Drain and rinse the **lentils** in a sieve.



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 you oven until golden and crispy, 25-30 mins, turning halfway through cooking. Once cooked, remove from your oven and set aside.



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**.



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.



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.



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 more **yoghurt** (and more **chilli** for anyone that likes things extra spicy).

Enjoy!

HELLO KNORR

At Knorr, our stocks are made with carefully selected ingredients, that are slowly simmered to release maximum flavour. Our stocks are also gluten free, free from artificial colours and preservatives and have no added MSG. Knorr is also the number 1 stocks brand in the UK!