



# Lower Carb Veg Packed Beef Rogan Josh Style Curry with Bell Pepper and Spinach

Calorie Smart 30 Minutes • 3 of your 5 a day • Under 600 calories

No. 26



Bell Pepper



Spring Onion



Garlic Clove



Cauliflower



Beef Mince



Rogan Josh Paste



Tomato Passata



Beef Stock Paste



Baby Spinach

## Before you start

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

## Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Frying Pan and Grater.

## Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Garlic Clove	2	3	4
Cauliflower**	¾	1	1½
Beef Mince**	240g	360g	480g
Rogan Josh Paste	1 sachet	1½ sachet	2 sachets
Tomato Passata	1 carton	2 cartons	2 cartons
Water*	50ml	75ml	100ml
Beef Stock Paste	10g	15g	20g
Sugar*	½ tsp	¾ tsp	1 tsp
Baby Spinach**	100g	150g	200g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	607g	100g
Energy (kJ/kcal)	2062 /493	341 /82
Fat (g)	26	4
Sat. Fat (g)	9	2
Carbohydrate (g)	26	4
Sugars (g)	16	3
Protein (g)	35	6
Salt (g)	2.52	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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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## Get Prepped

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim and thinly slice the **spring onion**, keep the **white** and **green** parts separate. Peel and grate the **garlic** (or use a garlic press).



## Simmer

Add the **beef mince** and cook until browned, 5-6 mins. Use a wooden spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands after handling raw meat.* Once browned, add the **rogan josh curry paste** and **half the garlic**. Stir together and cook for 1 minute. Pour in the **tomato passata** and the **water** (see ingredients for amount). Stir in the **beef stock paste** and **sugar** (see ingredients for amount), along with the **charred peppers**, bring to the boil and simmer until the **mixture** has thickened, 6-8 mins. **IMPORTANT:** *The beef mince is cooked when it's no longer pink in the middle.*



## Start Cooking

Heat a drizzle of **oil** in a frying pan on high heat. Add the **pepper slices**, season with **salt** and **pepper** and stir-fry until charred and slightly softened, 5-7 mins. **TIP:** *Don't stir too much, to allow the peppers to colour.*



## Cook the Cauli Rice

Meanwhile, heat a drizzle of **oil** in another frying pan on medium-high heat. Once hot, add the remaining **garlic** and **whites** of the **spring onion**. Fry until fragrant, 1-2 mins. Add the **cauliflower**, season with **salt** and **pepper** and stir-fry until tender and piping hot, 3-4 mins. Remove the pan from the heat. Taste and add more **salt** and **pepper** if you feel it needs it.



## Prep the Cauli Rice

While the **peppers** are charring, cut the **cauliflower** into quarters and grate on the coarse side of your grater. **TIP:** *If you have a food processor, you could use that instead to make your cauliflower rice, just don't blend it too much or it won't have any texture.* Once the **peppers** are charred, transfer to a plate and pop your pan back on medium-high heat.



## Finish and Serve

Stir the **spinach** into the **beef mixture** a handful at a time until wilted, 2-3 mins. Taste and **beef** and add **salt** and **pepper** if you feel it needs it. Serve the **cauli rice** with the **beef rogan josh curry** spooned on top and the **greens** of the **spring onion** sprinkled over.

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.