



Malay Lamb Curry

with Cheat's Chapatis



XXX

xxx



Lamb Mince



Malay Curry Powder



Whole Wheat Soft Tortillas



Chickpeas



Chicken Stock Powder



Tomato Passata



Baby Spinach

MEAL BAG

15 mins

1.5 of your 5 a day

Very hot

2

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Frying Pans**, a **Sieve**, **Measuring Jug** and some **Foil**. Now, let's get cooking!



1 FRY THE LAMB

Heat a large frying pan on medium-high heat (no oil). When hot, add the **lamb mince** and fry, breaking it up with a wooden spoon, until browned, 3-4 mins. Meanwhile, drain and rinse the **chickpeas** in a sieve.



2 START THE CURRY

When the **lamb** has browned, stir in the **Malay curry powder** (careful, it's hot!) and cook for 30 seconds. Stir in the **chickpeas**, **stock powder**, **tomato passata**, **water** (see ingredients for amount) and a pinch of **sugar** (if you have some).



3 COOK THE CURRY

Stir everything together then bring to the boil, reduce the heat and simmer until thick and tomatoey, stirring occasionally 8-10 mins. **IMPORTANT:** The lamb is cooked when it is no longer pink in the middle.



4 CHAPATI TIME

While the curry cooks, heat another frying pan on high heat. When hot, add a **tortilla** and leave until charred on one side, about 30 seconds. Turn and cook on the other side, then transfer to a plate and cover with foil to keep warm while you cook the remaining **tortillas**. These are your cheat's chapatis!



5 FINISH UP

When the **curry** is nice and thick, stir the **spinach** in a handful at a time to wilt it. Season to taste with **salt** and **pepper**. **TIP:** Add a splash of water if it looks a little dry.



6 SERVE

Serve the **Malay lamb curry** in bowls with the **cheat's chapatis** on the side for scooping. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Lamb Mince *	250g	375g	500g
Malay Curry Powder	1 small pot	1½ small pots	2 small pots
Whole Wheat Soft Tortillas 13)	4	6	8
Chickpeas	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Baby Spinach *	1 small bag	¾ large bag	1 large bag
Water*	100ml	150ml	200ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 488G	PER 100G
Energy (kJ/kcal)	2818 / 674	577 / 138
Fat (g)	26	5
Sat. Fat (g)	8	2
Carbohydrate (g)	62	13
Sugars (g)	8	2
Protein (g)	41	8
Salt (g)	3.62	0.74

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

13) Gluten

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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