



Rogan Josh Style Lamb Meatballs

with Lentils and Jasmine Rice

CLASSIC 30 Minutes • Medium Spice

N° 10



Jasmine Rice



Garlic Clove



Coriander



Lentils



Panko Breadcrumbs



Lamb Mince



Beef Mince



Rogan Josh Paste



Chopped Tomatoes



Chicken Stock Powder



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Basic cooking tools, you will need:

Measuring Jug, Saucepan, Fine Grater (or Garlic Press), Sieve, Mixing Bowl, Measuring Jug and Frying Pan.

Ingredients

	2P	3P	4P
Water for Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Garlic Clove**	2 cloves	3 cloves	4 cloves
Coriander**	1 bunch	1 bunch	1 bunch
Lentils	1 carton	1½ cartons	2 cartons
Panko Breadcrumbs 13	10g	20g	25g
Water for the Meatballs*	1 tbsp	1½ tbsp	2 tbsp
Lamb Mince**	200g	300g	400g
Beef Mince**	240g	360g	480g
Rogan Josh Paste	1 sachet	1½ sachets	2 sachets
Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for the Curry*	50ml	75ml	100ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	536g	100g
Energy (kJ/kcal)	3075 /735	580 /139
Fat (g)	20	4
Sat. Fat (g)	7	1
Carbohydrate (g)	97	18
Sugars (g)	11	2
Protein (g)	37	7
Salt (g)	3.74	0.70

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	556g	100g
Energy (kJ/kcal)	3314 /792	597 /143
Fat (g)	24	4
Sat. Fat (g)	8	2
Carbohydrate (g)	96	17
Sugars (g)	11	2
Protein (g)	41	7
Salt (g)	3.65	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

13) Gluten

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.

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1. Start the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



2. Get Prepped

Meanwhile, peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Drain and rinse the **lentils** in a sieve.



3. Prep the Meatballs

Pop the **panko breadcrumbs** into a bowl. Add the **water** for the meatballs (see ingredients for amount) and mix together. Add the **lamb mince**. Season with **salt** and **pepper**. Using your hands mix everything together until very well combined. Form the **mixture** into evenly sized balls, 4 per person. **IMPORTANT:** Wash your hands after handling raw meat.



CUSTOM RECIPE

If you've chosen **beef mince** instead of **lamb mince** for this recipe, just prepare and cook it in the same way the recipe instructs you to prep and cook the **lamb mince** in the step above.



4. Get Cooking

Heat a drizzle of **oil** in a frying pan over a medium high heat. Once hot add the **meatballs** and fry until browned all over, 5-6 mins. Add the **garlic** and **rogan josh paste**. Cook, stirring frequently 1-2 mins. Pour in the **chopped tomatoes, water** (see ingredients for amount) and **chicken stock powder**. Season with **salt, pepper** and a pinch of **sugar**. Stir together well, cover with a lid or foil and simmer 6-7 mins.



5. Add the Lentils

Remove the lid from the pan. Add the **lentils**, stir in until well combined, bring to the boil then reduce the heat and simmer (uncovered), stirring occasionally until the **curry** has thickened and the **meatballs** are cooked through, 3-5 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



6. Serve Up

Season to taste with **salt** and **pepper**. Fluff up the **rice** with a fork and stir through **half** the **coriander**. Divide the **rice** between plates and top with the **curry** and **meatballs**. Sprinkle with the remaining **coriander**.

Enjoy!