



# UCOOK

## Lamb Rogan Josh

with basmati rice, a fresh tomato salsa & raita

A beautiful lamb mince curry that is filled to the brim with flavour. Simply throw it together and leave the flavours to culminate into something utterly scrumptious. Served on a bed of white basmati rice, with dollops of cool raita & a tomato salsa. This one's a feast, Chef!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Rhea Hsu

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 Quick & Easy

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 Paserene | Dark Shiraz

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## Ingredients & Prep

100ml	White Basmati Rice <i>rinsed</i>
5ml	Beef Stock
250g	Potato Chunks <i>cut into small bite-sized pieces</i>
1	Red Onion <i>½ peeled &amp; roughly diced</i>
150g	Free-range Lamb Mince
15ml	Tomato Paste
15ml	Spice & All Things Nice Rogan Josh Paste
100g	Cooked Chopped Tomato
20g	Spinach <i>rinsed</i>
1	Tomato
4g	Fresh Mint
30ml	Raita

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. RICE, RICE BABY** Boil the kettle. Place the rinsed rice in a pot over medium-high heat. Submerge in 225ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keep the lid on, remove from the heat, and steam for 10 minutes. Drain if necessary and fluff up with a fork.

**2. STOCK UP ON FLAVOUR** Dilute the stock with 200ml of boiling water. Place a pot over medium-high heat with a generous drizzle of oil. When hot, add the potato pieces. Fry for 5-7 minutes until starting to brown, shifting occasionally. Add  $\frac{3}{4}$  of the diced onion and the mince and work quickly to break it up as it starts to cook. Caramelize for 3-4 minutes until browned, shifting occasionally.

**3. SIMMER DOWN** When the mince is browned, add the tomato paste and the Rogan Josh paste and fry for 30-60 seconds until fragrant, shifting constantly. Pour in the diluted stock and the cooked chopped tomato and bring to a boil. Lower the heat and simmer for 8-10 minutes until slightly reduced. In the final minute, add the rinsed spinach. Season with salt, pepper, and a sweetener of choice (to taste).

**4. 1, 2, 3, SALSA** While the curry is simmering, roughly dice  $\frac{1}{2}$  of the tomato. Rinse, pick and roughly slice the mint. In a bowl, combine the diced tomato, the remaining onion (to taste),  $\frac{1}{2}$  the sliced mint, a drizzle of oil, and seasoning. Toss until combined and set aside for serving.

**5. DIG IN!** Dish up a generous helping of basmati rice. Spoon over the lamb Rogan Josh curry. Side with the fresh tomato salsa. Dollop over the raita, and garnish with the remaining sliced mint. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	536kJ
Energy	128kcal
Protein	6.9g
Carbs	17g
of which sugars	3.4g
Fibre	1.7g
Fat	3.7g
of which saturated	1.5g
Sodium	91mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within 3  
Days