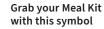


Easy Indian Lamb & Veggie Curry with Basmati Rice













Carrot











Mild North Indian Spice Blend



Coconut Cream



Chicken-Style



Stock Powder

Baby Spinach Leaves



Coriander

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
basmati rice	1 packet	1 packet	
courgette	1	2	
carrot	1	2	
lamb mince	1 packet	1 packet	
garlic paste	1 packet	1 packet	
Mumbai spice blend	1 sachet	2 sachets	
mild North Indian spice blend	1 sachet	1 sachet	
coconut cream	1 tin (200ml)	1 tin (400ml)	
water*	½ cup	1 cup	
chicken-style stock powder	1 sachet	1 sachet	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
coriander	1 bunch	1 bunch	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3566kJ (852Cal)	629kJ (150Cal)
Protein (g)	39g	6.9g
Fat, total (g)	40.5g	7.1g
- saturated (g)	26.7g	4.7g
Carbohydrate (g)	84.4g	14.9g
- sugars (g)	11.3g	2g
Sodium (mg)	1571mg	277mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rapid rice

Boil a kettle of water. Half-fill a medium saucepan with the boiling water. Add the **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**. Drain and return to the saucepan.



Start the curry

While the rice is cooking, roughly chop the **courgette**. Thinly slice the **carrot** into half-moons. In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **lamb mince**, **carrot** and **courgette**, breaking the lamb up with a spoon, until just browned, **3-4 minutes**. Reduce the frying pan to a medium heat, then add the **garlic paste**, **Mumbai spice blend** and **mild North Indian spice blend** and cook until fragrant, **1 minute**.



Finish the curry

Add the **coconut cream**, **water** and **chicken-style stock powder** and bring to a simmer. Cook until the veggies are softened, **3-4 minutes**. Stir in the **baby spinach leaves** until wilted, **1 minute**.



Serve up

Divide the basmati rice between bowls. Top with the Indian lamb and veggie curry. Tear over the **coriander**.

Enjoy!