



Easy Indian Lamb & Veggie Curry

with Basmati Rice

Grab your Meal Kit with this symbol



Basmati Rice



Courgette



Carrot



Lamb Mince



Garlic Paste



Mumbai Spice Blend



Mild North Indian Spice Blend



Coconut Cream



Chicken-Style Stock Powder



Baby Spinach Leaves



Coriander

 Hands-on: **10-20 mins**
Ready in: **25-35 mins**

A curry in only 25 minutes? With our easy four-step recipe, you'll have a delicious dish ready in a jiffy and with the help of bright Mumbai spices, it'll be looking like the deep golden rays of the sunset. Who needs riches when you have this silky, rich coconut curry instead?

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

	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.

1



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.

3



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**.

2



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**.

4



Serve up

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

Enjoy!