

Lamb Rogan Josh Meatballs

with Rice

hellóchef

In this recipe, you'll make a Rogan Josh curry paste from scratch, using whole and ground spices. Be sure to have a food processor to hand!

Cals 1120 • Prot 65 • Carbs 108 • Fat 58

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 40 min

R2575



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Meatballs	2 ppl	3 ppl	4 ppl	
Lamb mince	350	525	700	Grams
Panko bread crumbs 10* , 11* , 12*	20	20	40	Grams
Soy sauce 9* , 10* , 11*	20	30	40	ML
Paste				
Shallots	2	3	4	Piece
Fresh coriander	15	15	15	Grams
Small green chilli	1	1	2	Piece
Cardamom pods	4	6	8	Piece
Ginger garlic paste	20	30	40	Grams
Tomato paste	30	50	70	Grams
Coriander seeds	2	4	4	Grams
Cumin seeds	2	4	4	Grams
Garam masala	2	5	8	Grams
Chipotle powder	2	2	4	Grams
Smoked paprika powder	2	4	4	Grams
Turmeric powder	2	4	4	Grams
Cinnamon powder	2	2	4	Grams
Ghee 4*	30	45	60	Grams
Curry and rice				
Basmati rice	150	225	300	Grams
Water	300	450	600	ML
Chicken stock cube 4* , 5* , 9* , 15*	1	1	2	Piece
Greek yogurt 4*	150	150	300	Grams
Honey	15	15	30	Grams

Allergens

***10 Wheat, *11 Gluten, *12 Lupin, *9 Soya, *4 Milk, *5 Eggs, *15 Celery**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4688 / 1120
Fat (g)	58.2
of which saturates (g)	29.3
Carbohydrate (g)	108
of which sugars (g)	12.8
Fiber (g)	7.5
Protein (g)	64.6
Salt (g)	5.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make meatballs

Add the **lamb mince**, **panko bread crumbs** and **soy sauce** to a large mixing bowl. With clean hands, knead the mixture until all the ingredients are fully combined. Divide the mixture into {12/18/24} pieces and shape each into a **meatball**. Refrigerate until step 5.

Tip! The longer you knead the mince meat mixture for, the more tender the meatballs will become. They'll also stick together better!



2 Prep

Meanwhile, peel and roughly chop the **shallots**. Separate the **coriander** leaves from their stems. Roughly chop the **green chilli**. Split the **cardamom pods** open with the back of a knife. Discard the **cardamom pods** and keep the **seeds**.



3 Make paste

Add the **fresh coriander** stems (reserve the leaves for garnish!), **shallots**, **green chilli** (**spicy!**), **ginger garlic paste**, **tomato paste**, **coriander seeds**, **cumin seeds**, **garam masala**, **chipotle powder** (**spicy!**), **smoked paprika**, **turmeric**, **cinnamon**, **cardamom seeds**, and **ghee** to a food processor. Blitz until smooth. Add a splash of **water** if needed!



4 Boil rice

Add the **basmati rice**, a pinch of salt and the **measured water** to a pan with a lid and bring to a boil. Reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove the pan from the heat and keep covered until serving. Fluff with a fork before serving.



5 Fry meatballs

Meanwhile, heat a non-stick pan over medium heat with drizzle of vegetable oil. Once hot, add **meatballs** and fry for 5 min or until starting to brown all over.



6 Simmer

Add the **Rogan Josh paste** to the pan and fry for 4 min. Add {200/300/400} ml of **water** and the **stock cube**. Reduce the heat to low and simmer for 10 min until thickened. Remove the pan from the heat. Add the **Greek yogurt** and **honey**. Serve over the **basmati rice**. Garnish with the reserved **coriander** leaves.