

Lamb Kebabs, Gunpowder Potatoes and Green Beans

hellóchef

Although potatoes and chillies are two of India's most-used ingredients, they were only introduced to the country in the early 17th century by the Portuguese!

Cals 803 • Prot 57 • Carbs 81 • Fat 36

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🕒 cook: 40 min

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Before you start

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

Ingredients

Kebabs	2 ppl	3 ppl	4 ppl	
Lamb mince	350	525	700	Grams
Shallots	1	2	2	Piece
Fresh coriander	15	15	15	Grams
Large green chilli	1	2	2	Piece
Ginger garlic paste	10	15	20	Grams
Soy sauce 9* , 10* , 11*	10	20	20	ML
Garam masala	4	5	5	Grams
Olive oil	1	2	2	Tbsp

Sides

New potatoes	500	750	1000	Grams
Spring onion	40	60	80	Grams
Olive oil	2	3	4	Tbsp
Coriander seeds	2	2	4	Grams
Cumin seeds	2	2	4	Grams
Chilli flakes	2	2	4	Grams
Salt	1	2	2	Tsp
Lime	1	2	2	Piece
Green beans	250	375	500	Grams

Allergens

***9 Soya, *10 Wheat, *11 Gluten**

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)	3356 / 803
Fat (g)	35.6
of which saturates (g)	14.8
Carbohydrate (g)	81
of which sugars (g)	12.4
Fiber (g)	13.5
Protein (g)	56.9
Salt (g)	1.4

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



1 Boil potatoes

Preheat the oven to 220°C/200°C fan. Thoroughly wash the **potatoes**. Chop them into bite-size pieces. Cook them in a pot of salted boiling water for 12-15 min or until tender. Once cooked, drain and leave them to steam dry in a colander.



2 Prep

Meanwhile, peel and roughly chop the **shallots**. Roughly chop the **coriander** stalks (reserve the leaves!) and **green chilli**. Place the **coriander** stalks, **green chilli (spicy!)** and **shallots** in a small blender and blend until smooth.

Tip! Not got a blender to hand? Chop the coriander, chilli and shallot as finely as possible.



3 Make kebabs

Place the blended **paste**, **ginger garlic paste**, **lamb mince**, **soy sauce** and **garam masala** in a bowl. Knead for 2-3 min until thoroughly combined. With oiled hands, shape the **lamb** mix into **kebabs**. Refrigerate.



4 Make oil

Finely chop the **spring onion**. Heat a pan over a medium heat with a generous drizzle of **olive oil**. Once hot, add the **spring onion**, **coriander seeds**, **cumin seeds** and **chilli flakes (spicy!)**. Fry for 1-2 min. Remove from the heat and set aside.

Tip! Sensitive to spice? Go easy on the chilli flakes.



5 Bake potatoes

Place the drained **potatoes** on a baking tray and crush them with a fork. Season with **salt**. Bake in the oven for 15 min. After 15 min, pour the **oil** over the **potatoes**, sprinkle them with the **spring onion mixture** and bake for 5-10 min further, until crisp. Once crisp, remove the tray from the oven, squeeze the **lime** juice over and tumble with the **fresh coriander** leaves.



6 Fry kebabs & boil beans

Meanwhile, return the pan to a medium-high heat (no need to wash it) with another drizzle of **olive oil**. Fry the **kebabs** for 5-7 min until cooked through. Meanwhile, trim the **green beans** and cook them in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked. Serve the **kebabs** over the **gunpowder potatoes** with the **green beans** to the side.