



## Aromatic Lamb Rogan Josh with Sweet Potato

Rogan Josh is an aromatic lamb dish of Persian origin, which is one of the signature recipes of Kashmiri cuisine, this is a mild but very flavoursome meal. You can kick it up a gear by adding some fresh red chili.

### Nutritional Info

Calories: 520 kcal  
Carbohydrates: 55 g  
Protein: 42 g  
Fat: 22 g

### Ingredients

- Lamb
- Sweet Potato
- Red Pepper
- Red Onion
- Tomato
- Fresh Coriander
- Garlic
- Ginger
- Vegetable Stock Cube
- Rogan Josh Paste

### Your Pantry

- Olive Oil
- Salt

### Allergens


Celery (Stock Cube)  
Stock Cube may also contain traces of Egg, Soya & Mustard  
Mustard (Curry Paste)  
Curry Paste May contain peanuts and nuts.

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) **Make the stock**

Combine the stock cube with 150 ml of boiling water per person.

### 2) **Prepare the vegetables**

Dice the pepper, onion, sweet potato and tomatoes. Finely chop the garlic and ginger.

### 3) **Sear the Lamb**

In a hot pot add a drop of olive oil and add the onions, cooking for 4-5 minutes or until caramelised. Add the lamb and sear for 3 minutes

### 4) **Add in the vegetables**

Add the remaining vegetables, garlic and ginger to the lamb and cook for 4 minutes.

### 5) **Add the stock**

Add in the stock and the rogan josh paste. Simmer for 25 minutes. While the curry cooks....

### 6) **Plate the dish**

Once the curry is cooked, plate in bowls and garnish with some freshly chopped coriander.



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