



Vegetable Rogan Josh with Sweet Potato

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

Ingredients

- Sweet Potato
- Red Pepper
- Red Onion
- Tomato
- Fresh Coriander
- Garlic
- Ginger
- Rogan Josh Paste

Your Pantry

- Olive Oil

Nutritional Info

Calories: 463 kcal
Carbohydrates: 40 g
Protein: 35 g
Fat: 19 g

Allergens

Celery (Stock Cube)
Curry Paste May contain mustard, 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) Boil the kettle and make the stock

Combine the stock cube with 250 ml of boiling water *per person*.

2) Prepare the vegetables

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

3) Cook the vegetables

Add a drizzle of oil to a pot and place on medium heat. Once hot, add the onions and cook for 4-5 minutes or until caramelised. Next, add in the diced vegetables, garlic and ginger and cook for 4 minutes.

4) Add the stock

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

5) Plate the dish

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



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