



Product Spotlight: Coriander

All parts of the coriander are edible, including the stems and seeds. It has a fresh, sweet, lemon and nutty flavour that brings life to dishes.



Slow Cook Lamb Rogan Josh

with Yellow Rice

Tender diced lamb, slow-cooked in a tomato curry with flavours of cinnamon, cardamom and garam masala, served on yellow turmeric rice and finished with fresh coriander.



20 minutes + 3-4 hours slow cook



4 servings



Lamb

Spice it up!

This Rogan Josh is a mildly spiced curry; add some ground chilli or fresh sliced chilli for extra heat if you like! If you have some, serve the curry with a dollop of yoghurt, pappadums and mango chutney.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	30g	50g

FROM YOUR BOX

BROWN ONION	1
CARROTS	2
MEDIUM POTATOES	2
RED CAPSICUM	1
DICED LAMB	800g
ROGAN JOSH SPICE MIX	1 packet
CHOPPED TOMATOES	400g
BASMATI RICE	300g
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric

KEY UTENSILS

large frypan, slow cooker, saucepan with lid

NOTES

You can set the cooker to a low heat and cook for 5–6 hours instead.

If you don't have a slow cooker you can cook this dish in a heavy base pan in the oven or stove. Keep on a low heat and lid on. Add more liquid as needed. You can use coconut milk, liquid stock or water.

Protein Upsize Option: when adding extra meat, increase liquid in your slow cooker by adding 1/2 cup water to ensure even cooking.

Rogan Josh spice mix: garam masala, ground cumin, ground paprika, ground cardamom, ground ginger.



1. PREPARE THE VEGETABLES

Dice **onion**, **carrots** and **potatoes**. Slice **capsicum**. Add all to the slow cooker.



2. BROWN THE LAMB

Heat a frypan over medium-high heat. Coat **lamb** with **oil**, **salt** and **pepper**. Cook in frypan for 3–4 minutes until browned. Transfer to slow cooker.



3. SIMMER THE SLOW COOK

Stir in **spice mix** and **chopped tomatoes**. Set the slow cooker to high heat and simmer for 3–4 hours until lamb is tender and vegetables are cooked through (see notes).



4. COOK THE RICE

When slow cook is almost ready, place rice and **1 tsp turmeric** in a saucepan, cover with **600ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



5. FINISH AND SERVE

Season lamb with **salt** and **pepper** to taste. Serve with rice and garnish with chopped **coriander**.

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