



Pea and Mushroom Rogan Josh

with sprinkled scallion and fluffy rice

Veggie Calorie Smart 40-45 mins • Spicy

10



Onion



Garlic



Chopped Tomato with Onion & Garlic



Rice



North Indian Style Spice Mix



Vegetable Stock



Scallion



Mushrooms



Coconut Milk



Peas



Rogan Josh Curry Paste

Pantry Items: Water, Oil, Salt, Pepper



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pot with lid

Ingredients

| | 2P | 4P |
|------------------------------------|----------|-----------|
| Onion | 1 unit | 2 units |
| Garlic | 2 units | 4 units |
| Chopped Tomato with Onion & Garlic | 1 pack | 2 packs |
| Rice | 150 g | 300 g |
| North Indian Style Spice Mix | 1 sachet | 2 sachets |
| Vegetable Stock | 1 sachet | 2 sachets |
| Scallion | 2 units | 4 units |
| Mushrooms | 150 g | 250 g |
| Coconut Milk | 1 pack | 2 packs |
| Peas | 120 g | 240 g |
| Rogan Josh Curry Paste | 1 sachet | 2 sachets |

Nutrition

| | Per serving | Per 100g |
|---------------------------------|------------------------|-------------------------|
| for uncooked ingredients | 614 g | 100 g |
| Energy (kJ/kcal) | 2627.6 kJ/ 628 kcal | 427.9 kJ/ 102.3 kcal |
| Fat (g) | 20.1 g | 3.3 g |
| Sat. Fat (g) | 14.9 g | 2.4 g |
| Carbohydrate (g) | 94.9 g | 15.5 g |
| Sugars (g) | 21 g | 3.4 g |
| Protein (g) | 17.7 g | 2.9 g |
| Salt (g) | 4.2 g | 0.7 g |

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 10 mins, then remove the pot from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Add the Spice

- Once the **onion** has softened, add the **mushrooms, garlic, rogan josh paste** and **North Indian spice mix**.
- Cook, stirring continuously, for 1 min.
- Add the **peas** and cook until warmed through, 3-4 mins.



Get Prepped

- Meanwhile, halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **mushrooms**.
- Trim and thinly slice the **scallion**.



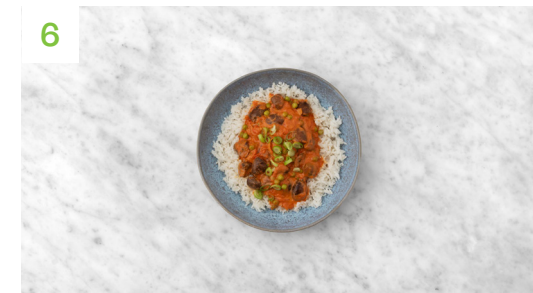
Simmer Slowly

- Pour in 50ml **water** (double for 4p) along with the **vegetable stock powder** and **chopped tomatoes**.
- Stir in the **coconut milk** and simmer until thickened, stirring occasionally, 8-10 mins.
- Loosen with a splash of **water** if necessary.
- Taste the curry, adding **salt** and **pepper** if you feel it needs it.



Soften the Onion

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, cook the **onion** until softened, stirring occasionally, 4-5 mins.



Finish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Top with **pea** and **mushroom** curry.
- Finish with a sprinkling of sliced **scallion**.

Enjoy!