



Cooking Instructions

Shopping

Vegetables (e.g. carrot, okra, courgette, baby sweetcorn) or protein substitute
100ml stock per person
100g chopped plum tomatoes (tinned) per person
Natural or Plain Yoghurt
Salt
½ medium onion per person
Basmati Rice

Optional

Small new potatoes
Cherry Tomatoes

Garnish Coriander leaves,
2 red chillies

Kit Contents

Sachets of Rogan Josh paste,
Palm Sugar,
Coconut block,
Dried chilli flakes,
Spice Pack..

Preparation

1. Cut main ingredient into similar size slices or cubes.
2. Slice the onions.
3. Make 100ml stock per person.
4. If adding new potatoes, parboil and cut in half when cooled.
5. If adding cherry tomatoes, slice them in half.
6. Measure out (use the packet quantity advice as a guide) and wash the rice. – if using a Mister Paste rice seasoning kit, refer to its cooking instructions.

Garnish when serving (optional): Pick a few coriander leaves. Slice the fresh red chillies in half lengthways and de-seed without removing from the stalk.

Method

1. Start cooking your rice.
2. Gently heat 3 tablespoons oil in a pan. Add the contents of the Spice Pack and fry gently until fragrant.
3. Place sliced onions in the oil and gently fry until brown.
4. Add the paste and main ingredient to the pan and gently simmer for 5 minutes, stirring regularly.
5. Add the tinned tomatoes (100g per person), coconut block and stock and simmer for a further 5 minutes.
6. Cover the pan, reduce the heat and simmer until the sauce has almost dried out.
7. **OPTIONAL:** Either stir in 3 tablespoons of yoghurt, one at a time, and stir each one into the sauce completely before adding the next spoonful so there is less chance of the yoghurt splitting or you can put a spoon of yoghurt on the curry when serving.
8. Add enough boiling water to cover the main ingredient and stir.
9. Season the curry for salt, sweet and spice.
 - 9.1. Salt test. Add a good pinch of salt, stir and taste. Repeat until you get a hint of saltiness.
 - 9.2. Sweet test. Add a pinch of sugar, stir and taste. Repeat until you get a hint of sweetness.
 - 9.3. Spice test. Add some of the ground chilli flakes, stir and allow to simmer for 2 minutes. Taste and repeat until it reaches your preferred level of heat.
10. If using parboiled potatoes and/or tomatoes, add them now.
11. Bring to the boil and then lower heat to a simmer. Test to see if the main ingredient is cooked, if not then repeat and add a little water if necessary.
12. Stir in some chopped coriander leaves (optional).
13. Serve with rice.