

## Quick rogan josh

### Ingredients

- 1 garlic clove
- 2 onions
- 2 tomatoes
- 1x 15ml spoon (1tbsp) fresh coriander
- 225g (8oz) chicken, lamb or quorn
- 1x 5ml spoon (1tsp) oil
- 2x 15ml spoon (2tbsp) rogan josh curry paste
- 200g canned chopped tomatoes

### Equipment

Chopping board, vegetable knife, garlic crusher, weighing scales, measuring spoons, knife, large frying pan, mixing spoon and can opener.

### Method

1. Prepare the ingredients:
  - peel and crush the garlic
  - peel and finely slice the onions
  - cut the tomatoes into wedges
  - roughly chop the coriander.
2. Using a clean knife and chopping board cut the protein into cubes.
3. Heat the oil in a large pan and cook the protein for 3-4 minutes.
3. Add the curry paste, onions and garlic and cook for a further 2-3 minutes.
4. Add the canned tomatoes and fresh tomatoes and heat through for a further 1-2 minutes.
5. Stir in the coriander.

### Top tips

- Serve with prepared basmati rice and a selection of Indian relishes and poppadoms or naan bread.

### Did you know?

- The name rogan josh is a combination of two words with rogan meaning colour and josh meaning either passion or low-moderate heat.

**Nutrition information per 100g/serving:** Energy 428/685kJ, protein 9.1/14.6g, carbohydrate 3.2/5.1g, carbohydrate of which sugars 2.4/3.9g, fat 6.0/9.6g, saturated fat 2.0/3.2g, dietary fibre 0.63/1.01g, salt 0.3/0.5g, iron 1.7/2.7mg

*A more comprehensive nutritional analysis is available at [meatandeducation.com](http://meatandeducation.com)*



**Serves: 4**  
**Time to cook: 20 minutes**

### Skills

Weigh, measure, peel, crush, knife skills (bridge and claw), handle raw meat, shallow fry and mix.