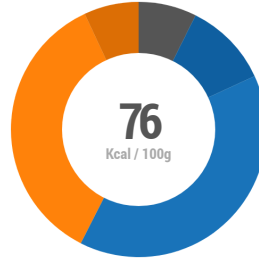


Slow cooked neck of mutton Rogan Josh

OVERVIEW ...



CALORIES:

50.1% Carbs

7.4% Protein

42.5% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MAY CONTAIN:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

British Red Tractor Mutton Neck Fillet..

5001935

U **250g**

unchanged

89728 Sysco Classic Rogan Josh Sauce.. - BRAKES

89728 ROGAN JOSH SAUCE

BRAKES **100g**

unchanged

27699 Green Valley Dairy Crème Fraîche..

CRÈME FRAÎCHE

BRAKES **20g**

unchanged

150232 Brakes Pilau Rice Portions..

PILAU RICE PORTIONS

BRAKES **167g**

unchanged

133727 Gazebo Cuisine Indian Celebration Selection..

INDIAN CELEBRATION SELECTION

BRAKES **80g**

unchanged

10245 Mixed Peppers..

PEPPERS FRESH DIRECT

BRAKES **60g**

unchanged

113885 Herb Bunched Coriander.. - BRAKES

113885 HERB BUNCHED CORIANDER FRESH DIRECT

BRAKES **5g**

N/A

1 Serving

682g / 534kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Dice the mutton neck into chunks and pass through some flour, shake off any excess flour
Quarter the peppers
Defrost rice
Defrost Indian selection

Method:

1. Griddle the peppers until slightly charred.
2. In a pan over a medium heat fry the mutton in some oil until crisp, season.
3. Now add in the peppers followed by the Rogan Josh sauce - bring to a gentle simmer and then transfer to an oven at 160oC for 2hours or until tender.
3. Place the Indian snacks into the oven and cook until core temperature is reached.
4. Heat the rice until core temperature is reached
5. Once the curry has been removed from the oven and cooled slightly, stir through the crème fraiche.
6. Decant the rice into a suitable dish and spoon over the curry.
7. Garnish with coriander and serve alongside the Indian snacks.