

# Chickpea Sweet Potato Rogan Josh



## Dish Description / Methods:

1. Chop the coriander. Drain the chickpeas. Dilute the bouillon with water. Peel and cut the sweet potato into 3cm pieces. Heat the oil in a pan to smoking point, add the spices and cardamom pods, cinnamon, cloves and cumin seeds. Add the sliced onions and cook until lightly browned.
2. Add the ginger, garlic and Rogan Josh paste and cook for 3-4 minutes adding some of the diluted bouillon so that the mixture does not stick to the bottom of the pan.
3. Add the sweet potato, the remaining bouillon and cook for 15 minutes at a brisk simmer.
4. Add the tomatoes and chickpeas then bring back to boil and simmer briskly. Cook for a further 20 minutes.
5. To finish, add the spinach and allow to wilt then mix in the yoghurt, garam masala, saffron and fresh coriander. Mix in well and leave to simmer for 1-2 minute to allow for flavour infusion.

## Allergens:

Gluten (May Contain), Milk, Mustard (May Contain), Peanuts (May Contain), Tree Nuts

This is a sample recipe. In the full version of the recipe pack costs and other calculations are included.

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## Supply Chain

### Ingredients

Supplier	Supplier Code	Commodity	Unit Measurement	Quantity Used (10 Portions)
Bidfood MTD	42581	PREM CHOPPED TOMATOESIN TOMATO JUICE	Grams	600
Bidfood MTD	4666	EVERYDAY FAVOURITES VEGETABLE BOUILLON PASTE	Grams	12
Bidfood MTD	98544	CHICKPEAS IN WATER	Grams	600
Bidfood MTD	30271	Triple Lion - GARLIC PUREE	Grams	20
Bidfood MTD	40062	KNORR PATAK'S ROGAN JOSH KASHMIRI PASTE	Grams	300
Bidfood MTD	75382	BB - MINI SPINACH SMALL	Grams	500
Bidfood MTD	84740	WORLD OF SPICE CUMIN SEEDS	Grams	4
Bidfood MTD	45999	UBLEY GREEK YOGURT	Grams	225
Bidfood MTD	75256	BB - CORIANDER	Grams	15
Bidfood MTD	70377	CHEF WILLIAM WHOLE GREEN CARDAMOM	Grams	10
Bidfood MTD	70368	EVERYDAY FAVOURITES CINNAMON STICKS	Grams	7
Bidfood MTD	3444	EVDAY FAV EXT LIFE VEGETABLE OIL - TIN	MI	50
Bidfood MTD	10027	KNORR PROFESSIONAL GINGER PUREE	MI	20
Bidfood MTD	70382	CHEF WILLIAM WHOLE CLOVES	Grams	3
Bidfood MTD	70369	EVERYDAY FAVOURITES GARAM MASALA	Grams	7
-	-	HOT WATER	MI	600
Bidfood MTD	75049	SWEET POTATO	Grams	600
Bidfood MTD	97929	ONION SLICED	Grams	750

### Nutrition per portion (432g):

	Kcal	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
<b>Total</b>	342	38	13	16.2	2.5	10.9	10.8	1.8
<b>%RNI</b>	17%	15%	15%	23%	13%	22%	36%	30%

**Quality statement:** The details in this document are accurate at the time of production on 14 December 2022. Products may change over time and updates can be found on our website at [www.supplychain.nhs.uk/categories/food](http://www.supplychain.nhs.uk/categories/food) Please do check the latest issue of your supplier's technical information and labelling on products to confirm these details, for example allergens.

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