

DISHPATCH

# ASMA'S FAMILY FAVOURITES

*by Asma Khan*

Chana chaat

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Lamb tamatar gosht (lamb and tomato curry)  
*or* kala channa (black chickpeas)

Roghni roti (saffron-infused roti bread)

Sada pulao (cashew and raisin Bengali rice)

Beetroot raita

Tamatar ki chutney (tomato chutney with  
prunes and apricots)

Poppadoms

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Coconut ladoo

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## COOKING TIME:

15-20 MINUTES

## SERVES 2

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## IN THE BOX

- (1) Chickpeas
- (2) Papri and sev
- (3) Coriander, green chilli  
and onion
- (4) Tamarind chutney
- (5) Sada pulao
- (6) Poppadoms
- (7) Beetroot raita
- (8) Tamatar ki chutney
- (9) Roghni roti
- (10) Coconut ladoo

*Lamb tamatar gosbt*

*Kala channa*

Remove all items from the fridge and bring them up to room temperature.

## TO START

1. Empty the chickpeas (1) into a serving dish. Top with the papri and sev (2) and the coriander, green chilli and onion (3), then drizzle over the tamarind chutney (4).
2. Enjoy this as a snack while you prepare the rest of the meal.

## THE MAIN EVENT

*You have chosen either lamb tamatar gosbt or kala channa as your main curry. Follow the instructions for the dish you have chosen, then continue to step 1 below.*

### For the lamb tamatar gosht:

Empty the *lamb tamatar gosbt* into a medium, lidded saucepan and stir in 2 tbsp water. Cover with a lid and warm over a very low heat for 10–15 minutes, until hot through.

### For the kala channa:

Empty the *kala channa* into a small saucepan and stir in 3 tbsp water. Gently warm over a low heat for about 8–10 minutes, until hot through.

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*"This is exactly the kind of food I eat at home with my family. Indian food isn't served in courses - we tend to eat everything together, with a myriad of different flavours and spices to stimulate the palate, from spicy to sour to sweet." - Asma Khan*

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1. The sada pulao (5) can be heated in the microwave or on the hob. To microwave, empty the rice into a microwavable bowl and microwave on high power for 2–3 minutes. Alternatively, tip the rice into a saucepan, add a splash of water, cover with a lid and steam over a medium heat for 4–6 minutes.
2. While the hot dishes are cooking, place the poppadoms (6) onto a plate and empty the beetroot raita (7) and tamatar ki chutney (8) into two small serving bowls.
3. When the lamb tamatar gosht or kala channa is almost ready, heat a dry frying pan over a medium heat. Working one at a time, place a roghni roti (9) into the pan and cook for 1–2 minutes on each side, then place on a serving plate.
4. Empty the curry and sada pulao into serving dishes and serve them at the table to enjoy alongside the other dishes.

## DESSERTS

1. Divide your coconut laddoo (10) between two serving plates or bowls and enjoy!
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## STORAGE

Store the poppadoms in a cool, dry place. Transfer all other components to the fridge as soon as received. **Ensure all chilled items are cold on arrival.**

## CONSUME BEFORE

The end of the date on the sticker inside the box's lid. Do not exceed the use-by date.

## GOT A QUESTION?

Email us at [hello@dishpatch.co.uk](mailto:hello@dishpatch.co.uk)

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## INGREDIENTS

Chickpeas, Papri and sev: wheat flour, cumin, oil, salt, water, chickpea flour paste, turmeric, cayenne, ajwain, oil. Coriander, green chilli and onion, Tamarind chutney: tamarind pulp, panch phoran, dried red chilli, salt, sugar, cumin, water. Sada pulao: rice, ghee (milk), cardamom, cassia bark, cloves, bay leaf, cashews (**tree nuts**), raisins, onion, salt. Poppadoms: chickpea flour, black pepper, asafoetida, red chilli powder, turmeric, vegetable oil, water, salt. Beetroot raita: cumin seeds, beetroot, yoghurt (milk), chilli powder, sugar, salt. Tamatar ki chutney: vegetable oil, chilli, panch phoran, garlic, ginger, tomato, sugar, salt, prune, apricot. Roghni roti: wheat flour, milk, saffron, ghee (milk). Coconut ladoo: coconut, sugar, milk, cardamom, pistachios (**tree nuts**), almonds (**tree nuts**). Lamb tamatar gosht: lamb, garlic, ginger, chilli, vegetable oil, onion, turmeric, coriander, cumin, salt, tomato, sugar, coriander leaf. Kala channa: black chickpeas, dried chilli, cumin, vegetable oil, white onion, garlic, ginger, green chilli, coriander, chilli powder, tomato purée, salt, garam masala.

## ALLERGENS

For allergens, including Cereals containing Gluten, see ingredients in **bold**. Made in a kitchen that handles all 14 allergens, including nuts.