Mutton Rogon Josh

Classic Kashmiri style curry, lamb simmered slowly in a velvety smooth sauce spiced with Kashmiri chilli and aromatic spices.

SERVING SIZE	PACK SIZE	SERVINGS PER PACK
300 g	600 g	2

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1189kJ 284kcal	15 g MED	3.7 g LOW	11 g LOW	1.2 g MED
14%	21%	19%	13%	20%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 396kJ / 95kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	396kJ	1189kJ
	95kcal	284kcal
Fat	4.9g	15g
of which saturates	1.2g	3.7g
Carbohydrate	4.8g	14g
of which sugars	3.8g	11g
Protein	8.4g	25g
Salt	0.40g	1.2g

Ingredients and allergens

Lamb, Yogurt (**Milk**), Onion, Tomatoes, Garlic, Ginger, Water, Rapeseed Oil, Coriander Leaves, Tomato Purée, Chilli Powder, Ground Coriander, Salt, Garam Masala, Ground Cumin, Bay Leaf, Cinnamon, Cardamom, Anise Seed, Saffron.

CONTAINS **Milk**

Allergen advice: for allergens, including cereals containing gluten, see ingredients in **bold**.

Recipe breakdown per 300 g serving

30%	90.1g	Lamb, lean only, raw, average
28.8%	86.5g	Yogurt, virtually fat free/diet, plain
18%	54.1g	Onions, raw
9.61%	28.8g	Tomatoes, standard, raw
2.4%	7.21g	Garlic, raw
2.4%	7.21g	Ginger, fresh
2.4%	7.21g	Water, tap, drinking
2.19%	6.57g	Oil, rapeseed
1.2%	3.6g	Coriander leaves, fresh
1.2%	3.6g	Tomato puree
0.481%	1.44g	Chilli powder
0.3%	0.901g	Ground Coriander
0.24%	0.721g	Salt
0.24%	0.721g	Garam masala
0.216%	0.649g	Ground Cumin
0.108%	0.324g	Bay leaf, dried
0.036%	0.108g	Cinnamon, ground
0.036%	0.108g	Cardamom, ground
0.024%	0.072g	Spices, anise seed
0.006%	0.018g	Spices, saffron

Full nutrient profile

	PER 100G	PER 300G
Energy	396.47 kJ	1189.42 kJ
Energy	94.65 kcal	283.94 kcal
Fat	4.93 g	14.79 g
of which saturates	1.24 g	3.73 g
Monounsaturated Fats	2.34 g	7.03 g
Polyunsaturated Fats	0.87 g	2.61 g
Trans Fatty Acids	0.18 g	0.54 g
Carbohydrate	4.79 g	14.36 g
of which sugars	3.78 g	11.33 g
of which starch	0.54 g	1.63 g
Fibre	0.92 g	2.76 g
Protein	8.36 g	25.08 g
Salt	0.40 g	1.21 g
Sodium	158.26 mg	474.77 mg
Vitamin A IU	114.86 IU	344.57 IU
Vitamin A RAE	34.43 µg	103.29 µg
Carotene	197.11 µg	591.33 µg
Alpha Carotene	0.43 µg	1.30 µg
Beta Carotene	99.71 µg	299.12 µg
Retinol	1.80 µg	5.41 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.11 mg	0.32 mg
Riboflavin	0.14 mg	0.42 mg
Niacin	3.45 mg	10.34 mg
Pantothenic Acid	0.49 mg	1.47 mg
Vitamin B6	0.15 mg	0.44 mg
Dietary Folate Equivalents	0.01 µg	0.02 µg
Food Folate	0.01 µg	0.02 µg

	PER 100G	PER 300G
Folate	12.93 µg	38.79 µg
Vitamin B12	0.69 µg	2.06 µg
Vitamin C	4.33 mg	12.99 mg
Vitamin D IU	4.81 IU	14.42 IU
Vitamin D MCG	0.12 µg	0.36 µg
Vitamin E	0.71 mg	2.14 mg
Biotin	1.42 µg	4.27 µg
Vitamin K	7.29 µg	21.86 µg
Calcium	67.16 mg	201.49 mg
Chloride	290.71 mg	872.13 mg
Choline	0.00 µg	0.00 µg
Copper	0.07 mg	0.22 mg
Iodine	17.82 µg	53.45 µg
Iron	1.07 mg	3.20 mg
Magnesium	19.84 mg	59.52 mg
Manganese	0.11 mg	0.34 mg
Nitrogen	1.33 g	3.99 g
Phosphorus	118.49 mg	355.48 mg
Potassium	284.35 mg	853.04 mg
Selenium	1.84 µg	5.52 µg
Tryptophan/60	1.59 mg	4.76 mg
Zinc	1.30 mg	3.89 mg
Ash	0.00 g	0.01 g
Cholesterol	22.23 mg	66.69 mg
Lutein Zeaxanthin	21.23 µg	63.69 µg
Lycopene	118.93 µg	356.78 µg
Water	79.35 g	238.06 g

Reviewed on 3 November 2026. Values per 100 g and per 300 g serving.