



Everything
But The Chef

HelloFresh.com.au

hello@hellofresh.com.au | 02 81 888 722

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Maharaja's Lamb & Carrot Feast

Don't be fooled by the humble ingredients: this dish is fit for a king! Spicy, zesty, colourful mouthfuls of Garam Masala spiced lamb and perfect strips of sweet carrot make for a real treat. Talk about a rags to riches story – are you feeling regal yet?

 **Prep:** 15 mins
 **Cook:** 30 mins
Total: 45 mins

 level 1

 lactose
free



Lamb Mince



Garam Masala



Carrot



Coriander



Lemon



Ginger



Garlic



Rice



Pappadums

2P

150 g

3 tbs

250 g

1 tbs

4

1 tbs

1/2

1 knob

1

4

4P

300 g

6 tbs

700 g

2 tbs

8

2 tbs

1

2 knobs

2

8

Ingredients

rice

olive oil *

lamb mince

HelloFresh Indian spice mix

carrots, peeled

coriander, roughly chopped

lemon, zested & juiced ⊕

ginger, peeled & grated

garlic clove, peeled & crushed ⊕

pappadums

⊕ May feature in another recipe

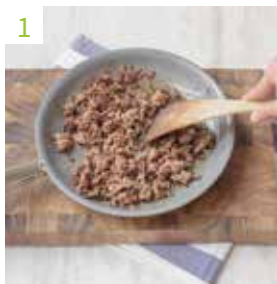
* Good to have at home

Nutrition per serving

Energy	1730	Kj
Protein	37.7	g
Fat, total	16.9	g
-saturated	4.8	g
Carbohydrate	10.9	g
-sugars	10.4	g

Measuretool

0 cm	1 cm	2 cm

1

1 Place the **rice** into a sieve and rinse it with cold tap water. The water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Bring a large pot of salted water to the boil. Add the rice and cook it for **10-12 minutes** or until soft. Drain.

2

2 Heat some **oil** in a large pan over a medium-high heat. Add the **lamb mince**, a generous pinch of **salt**, and the **HelloFresh Indian spice mix** and cook for **3-5 minutes**, using a spatula or wooden spoon to break up the mince as finely as possible.

3

3 Using a vegetable peeler or mandolin slicer (if you have one), finely shave the **carrots** into long thin strips and place them into a large salad bowl. Add in half of the **coriander** and toss well to combine.

In a small bowl mix together the olive oil, **lemon zest & juice**, **ginger**, and **garlic**. Taste and adjust seasoning accordingly with salt and pepper. Now add the dressing to the carrot salad and toss well to combine.

4 Deep fry the **pappadums** in oil until crisp or lightly oil the pappadams and pop in the microwave or oven for about **1 minute** or until nicely puffed.

4

5 Divide the rice and Indian spiced lamb between plates and then place a handful of the carrot salad on top. Garnish with the remaining coriander and scoop up with your pappadums.

Did you know? No one knows exactly when the first carrots appeared, because many people mistook them for parsnips, a close relative of the carrot.