



# Bengal Lamb & Green Bean Curry

with Baby Spinach, Buttery Rice & Yoghurt

Grab your Meal Kit with this symbol



Coconut Milk



Microwavable Basmati Rice



Baby Spinach Leaves



Slow-Cooked Lamb Shoulder



Bengal Curry Paste



Trimmed Green Beans



Greek-Style Yoghurt

Prep in: **10-20** mins  
Ready in: **45-55** mins

Naturally Gluten-Free  
*Not suitable for coeliacs*

This creamy Indian-style curry might sound complicated, but thanks to a bunch of shortcut ingredients (including a slow-cooked lamb shoulder, the real MVP) you'll be whipping it up in three simple steps - minimal prep-time needed!

### Pantry items

Olive Oil, Brown Sugar, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
slow-cooked lamb shoulder	1 packet (300g)	1 packet (600g)
Bengal curry paste	½ packet	1 packet
coconut milk	1 medium tin	1 large tin
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	¼ cup	½ cup
trimmed green beans	1 medium bag	1 large bag
microwavable basmati rice	1 packet	2 packets
<b>butter*</b>	20g	40g
baby spinach leaves	1 small bag	1 medium bag
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3559kJ (850Cal)	677kJ (161Cal)
Protein (g)	33.3g	6.3g
Fat, total (g)	54.8g	10.4g
- saturated (g)	33.9g	6.5g
Carbohydrate (g)	54.4g	10.4g
- sugars (g)	10g	1.9g
Sodium (mg)	1552mg	295mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

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## Start the lamb

- Preheat oven to **240°C/220°C fan-forced**.
- Place **slow-cooked lamb shoulder (including the packaging liquid!)** in a baking dish. Separate any large **lamb** pieces.
- Stir in **Bengal curry paste** (see ingredients), **coconut milk**, the **brown sugar** and the **water**.
- Cover with foil, then roast for **20 minutes**.

## Finish the lamb & heat the rice

- Remove baking dish from oven. Uncover, then turn **lamb** over.
- Add **trimmed green beans** to the baking dish. Stir to combine. Return to the oven to roast until browned and heated through, **12-15 minutes**.
- When lamb has **5 minutes** remaining, microwave **basmati rice** until steaming, **2-3 minutes**. Stir through the **butter**.

## Serve up

- Using two forks, shred **lamb** in the baking dish. Stir through **baby spinach leaves**.
- Divide Bengal lamb and green bean curry and the buttery rice between plates.
- Serve with a dollop of **Greek-style yoghurt**. Enjoy!

## Rate your recipe

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