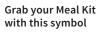


Bengal Lamb & Green Bean Curry with Baby Spinach, Buttery Rice & Yoghurt





Microwavable

Basmati Rice



Pantry items Olive Oil, Brown Sugar, Butter

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!

Slow-Cooked Lamb Shoulder



Leaves

Bengal Curry Paste

Trimmed Green Beans



Greek-Style Yoghurt

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

<u> </u>		
	2 People	4 People
olive oil*	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
brown sugar*	1 tsp	2 tsp
water*	1⁄4 cup	½ cup
trimmed green beans	1 medium bag	1 large bag
microwavable basmati rice	1 packet	2 packets
butter*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.







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 We need your expertise! Let our Culinary team know what you thought: hellofresh.com.au/rate