



# Bengal Lamb & Baby Broccoli 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



Baby Broccoli



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
baby broccoli	1 bunch	2 bunches
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)	3480kJ (831Cal)	671kJ (160Cal)
Protein (g)	32.7g	6.3g
Fat, total (g)	54.1g	10.4g
- saturated (g)	33.8g	6.5g
Carbohydrate (g)	52.2g	10.1g
- sugars (g)	8.9g	1.7g
Sodium (mg)	1028mg	198mg

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.

1



2



3



## Roast the lamb

- Preheat oven to **240°C/220°C fan-forced**. Place **slow-cooked lamb shoulder** in a baking dish (with packet juices!) (for a 4-person portion, separate the lamb into its two pieces!).
- Stir in **Bengal curry paste** (see ingredients), **coconut milk** and the **brown sugar**. Cover with foil, then roast for **20 minutes**.
- Meanwhile, trim **baby broccoli**.

## Finish the lamb & heat the rice

- Remove baking dish from oven. Uncover, then turn over **lamb** and add **baby broccoli** to the dish. Stir to combine.
- Roast, uncovered, until browned and heated through, a further **12-15 minutes**.
- When lamb has **5 minutes** remaining, microwave **rice** until steaming, **2-3 minutes**.
- Stir through the **butter**.

**TIP:** If the lamb has a fat layer, turn the fat-side up after removing the foil.

## Serve up

- Using two forks, shred lamb in the baking dish. Stir through **baby spinach leaves** until wilted. Season to taste.
- Divide Bengal lamb shoulder and baby broccoli curry between bowls.
- Serve with buttery rice and **Greek-style yoghurt**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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