Bengal Lamb & Baby Broccoli Curry with Baby Spinach, Buttery Rice & Yoghurt







Coconut Milk



Basmati Rice





Lamb Shoulder

Leaves



Bengal Curry Paste





Yoghurt

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



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
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
baby broccoli	1 bunch	2 bunches
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)	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

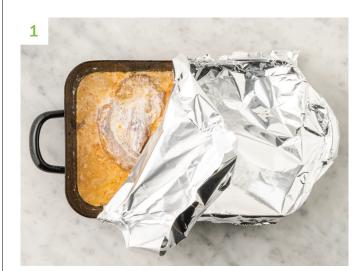
The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and

ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!

