



Indian-Style Roast Lamb & Veggie Curry

with Garlic Naan, Pickled Onion & Rice

Grab your Meal Kit with this symbol



Slow-Cooked Lamb Shoulder



Potato



Carrot



Red Onion



Garlic



Green Beans



Curry Leaves



Basmati Rice



Ginger Paste



Mild Curry Paste



Mumbai Spice Blend



Coconut Milk



Chicken-Style Stock Powder



Baby Spinach Leaves



Naan Bread

Hands-on: **30-40 mins**
Ready in: **40-50 mins**

Slow-cooked lamb shoulder is the star of the show in this creamy, coconutty curry, complete with sweet and hearty roast veg. Serve with fluffy basmati rice to soak up the golden goodness, plus some oven-baked naan for scooping!

Pantry items

Olive Oil, White Wine Vinegar, 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 baking dish · Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked lamb shoulder	1 small packet	1 large packet
potato	2	4
carrot	1	2
red onion	1	2
garlic	3 cloves	6 cloves
green beans	1 small bag	1 medium bag
curry leaves	1 stem	2 stems
white wine vinegar*	¼ cup	½ cup
butter*	20g	40g
water*	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
mild curry paste	1 medium packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 medium tin	1 large tin
chicken-style stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
naan bread	2	4

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5511kJ (1317Cal)	620kJ (148Cal)
Protein (g)	45.2g	5.1g
Fat, total (g)	57.2g	6.4g
- saturated (g)	33g	3.7g
Carbohydrate (g)	146.6g	16.5g
- sugars (g)	23.4g	2.6g
Sodium (mg)	2604mg	293mg

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.

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Roast the lamb & veggies

Preheat oven to **240°C/220°C fan-forced**. In a medium baking dish, place the **slow-cooked lamb shoulder**, pouring over the liquid from the packaging (for a 4-person portion, separate the lamb into its two pieces!). Cover with foil, then roast for **25 minutes**. Remove from the oven. Uncover, then turn over the **lamb**. Roast until browned and heated through, **10-12 minutes**. Meanwhile, cut the **potato** and **carrot** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

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



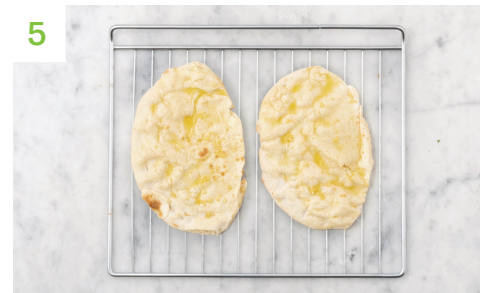
Cook the curry sauce

When the lamb has **10 minutes** cook time remaining, heat a large frying pan with a drizzle of **olive oil** over a medium-high heat. Cook the **green beans** and remaining **onion** until tender, **3-5 minutes**. Add the **curry leaves, ginger paste, mild curry paste, Mumbai spice blend** and remaining **garlic** and cook until fragrant, **1-2 minutes**. Stir in the **coconut milk** and **chicken-style stock powder**. Simmer until slightly reduced, **2-3 minutes**. Add the **baby spinach leaves** and cook until wilted, **1 minute**. Season to taste.



Get prepped

While the lamb is roasting, thinly slice the **red onion**. Finely chop the **garlic**. Trim the **green beans** and slice into thirds. Pick the **curry leaves**. In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch 1/2 the sliced **onion** in your hands, then add it to the **pickling liquid**. Add enough **water** to just cover the **onion** and set aside. In a second small and heatproof bowl, microwave the **butter** and 1/2 the **garlic** in **10 second** bursts, until melted and fragrant. Season, then mash to combine.



Bake the garlic naan

While the sauce is cooking, brush the **naan bread** with the **garlic butter**. Place directly on an oven wire rack. Bake until golden, **3-5 minutes**.



Cook the rice

In a medium saucepan, add the **water** and bring to the boil. Add the **basmati rice**. Stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat. Keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Serve up

Drain the pickled onion. Using two forks, shred the roasted lamb shoulder directly in the baking dish. To the dish with the lamb, stir in the roast veggies and curry sauce. Bring the Indian-style roast lamb and veggie curry, garlic naan, and pickled onion to the table. Serve with the rice.

Enjoy!

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