

Lamb Shoulder Korma & Garlic Greens

with Rice, Yoghurt & Coriander

GOURMET PLUS

Grab your meal kit with this number

28



Slow-Cooked Lamb Shoulder



Garlic



Basmati Rice



Baby Broccoli



Green Beans



Lemon



Onion



Greek-Style Yoghurt



Mild North Indian Spice Blend



Mild Curry Paste




Coconut Milk



Coriander

Prep in: 20-30 mins
Ready in: 40-50 mins

 Protein Rich

Indulge in culinary excellence with this dish that's sure to dazzle! For tonight's dinner, we've done the hard bit for you by slow-cooking this lamb shoulder to meltily tender perfection. Shredded and stirred through a delicious korma sauce, we just know you'll love this one!

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium or large baking dish · 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 medium packet	2 medium packets OR 1 large packet
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
baby broccoli	1 medium bunch	2 medium bunches
green beans	1 small packet	1 medium packet
lemon	½	1
onion	½	1
Greek-style yoghurt	1 medium packet	1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
mild curry paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2803kJ (670cal)	185kJ (44cal)
Protein (g)	43g	2.8g
Fat, total (g)	49.3g	3.2g
- saturated (g)	28.3g	1.9g
Carbohydrate (g)	56.9g	3.7g
- sugars (g)	18.5g	1.2g
Sodium (mg)	1781mg	117.3mg
Dietary Fibre (g)	16.4g	1.1g

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/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

- Preheat oven to **240°C/220°C fan-forced**.
- Place **slow-cooked lamb shoulder** in a baking dish. Pour **liquid** from packaging over **lamb**.
- Cover tightly with foil and roast for **12 minutes**.
- Turn **lamb**, then cover with foil and roast until browned and heated through, a further **12-13 minutes**.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli** and **green beans** until tender, **4-5 minutes**.
- Add the remaining **garlic** and cook, tossing, until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.



Cook the garlic rice

- Meanwhile, finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

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



Make the curry

- When the **lamb** is done, shred with 2 forks in the baking dish.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Add **onion** and cook until tender, **3-5 minutes**.
- Add **mild North Indian spice blend** and cook until fragrant, **1 minute**.
- Reduce pan to medium heat, then add the **lamb**, **mild curry paste**, **coconut milk**, the **brown sugar**, a squeeze of **lemon juice** and a splash of **water**, and cook until thickened, **2-3 minutes**.



Get prepped

- While the rice is cooking, halve any thicker stalks of **baby broccoli** lengthways. Trim **green beans**. Zest **lemon** to get a pinch and slice into wedges. Finely chop **onion** (see ingredients).
- In a small bowl, combine **Greek-style yoghurt** and **lemon zest**. Season to taste.



Serve up

- Divide rice between bowls. Top with lamb shoulder korma curry and garlic greens.
- Dollop with lemon yoghurt. Tear over **coriander**. Serve with remaining lemon wedges. Enjoy!

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