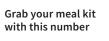


with Rice, Yoghurt & Coriander

GOURMET PLUS









Slow-Cooked Lamb Shoulder





Jasmine Rice

Baby Broccoli







Indian Spice Blend





Mild Curry Paste

Coconut Milk



Coriander

Recipe Update We've replaced the green beans in this recipe with baby broccoli due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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 slowcooking this lamb shoulder to meltingly tender perfection. Shredded and stirred through a delicious korma sauce, we just know you'll love this one!



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

 $\label{eq:medium} \mbox{Medium or large baking dish} \cdot \mbox{Medium saucepan} \cdot \mbox{Large frying pan}$ 

# 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
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
baby broccoli	2 bunches	4 bunches
lemon	1/2	1
onion	1/2	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

<sup>\*</sup>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.

# Fancy a drop?

Browse our Wine Boxes in the expanded menu to find your next perfect pairing.



#### Bake 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 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 jasmine 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 12 minutes, then remove from heat and keep covered until rice is tender and water is absorbed. 10-15 minutes.

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



### Get prepped

- While the rice is cooking, trim baby broccoli.
  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.



### Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook baby broccoli until tender, 5-6 minutes.
- Add the remaining garlic and cook, tossing, until fragrant, 1 minute. Transfer to a bowl and cover to keep warm.



# 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.



### Serve up

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



Scan here if you have any questions or concerns



#### Rate your recipe