

Bengali Lamb & Coconut Sauce

with Spiced Veggies, Pickled Onion & Mint Yoghurt

Grab your Meal Kit with this symbol



Potato



Parsnip



Cauliflower



Lamb Shortloin



Bengal Curry Paste



Mild North Indian Spice Blend



Flaked Almonds



Red Onion



Mint



Greek-Style Yoghurt



Coconut Milk



Rocket Leaves

Keep an eye out...

Due to recent sourcing challenges, we've replaced baby spinach with rocket, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **25-35 mins**
Ready in: **50-60 mins**

It's roast lamb, but not as you know it! We're using our mild, yet flavourful Bengal curry paste to lift succulent lamb shortloin to new heights. A classy side of spiced potato, parsnip and cauliflower with flaked almonds is all that's needed to create a meal fit for a maharajah!

Pantry items

Olive Oil, Rice Wine Vinegar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsnip	1	2
cauliflower	1 portion (200g)	1 portion (400g)
lamb shortloin	1 packet	1 packet
Bengal curry paste	1 packet	1 packet
mild North Indian spice blend	1 sachet	1 sachet
flaked almonds	1 packet	2 packets
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
mint	1 bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet
coconut milk	1 box (200ml)	1 tin (400ml)
rocket leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3143kJ (751Cal)	412kJ (98Cal)
Protein (g)	47.8g	6.3g
Fat, total (g)	37.4g	4.9g
- saturated (g)	22g	2.9g
Carbohydrate (g)	60.4g	7.9g
- sugars (g)	27.2g	3.6g
Sodium (mg)	832mg	109mg

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?

We recommend pairing this meal with Dry Riesling or Grüner Veltliner

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

SPICY! The curry paste is hot, use less if you're sensitive to heat. Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** and **parsnip** into bite-sized chunks. Cut the **cauliflower** into small florets. In a medium bowl, combine the **lamb shortloin**, **Bengal curry paste** and a drizzle of **olive oil**.



Make the mint yoghurt

Pick and roughly chop the **mint** leaves. In a small bowl, combine the **Greek-style yoghurt** and **mint**, then season.



Roast the veggies

Place the **potato**, **parsnip**, **cauliflower** and a drizzle of **olive oil** on a lined oven tray. Sprinkle with the **mild North Indian spice blend**, then season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until golden and tender, **25-30 minutes**. In the last **5 minutes** of cook time, sprinkle the **flaked almonds** over the **veggies** and roast until toasted, **3-5 minutes**.



Cook the lamb & sauce

Heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook the **lamb** for **3-4 minutes** each side for medium or until cooked to your liking. Transfer to a plate to rest for **5 minutes**. Return the frying pan to a medium-high heat. Add any remaining **Bengal curry paste** from the bowl and cook, stirring, until fragrant, **1 minute**. Add the **coconut milk** and simmer, scraping up the bits from the bottom of the pan, until thickened slightly, **2-3 minutes**. Stir through any **lamb resting juices** and season to taste.



Pickle the onion

While the veggies are roasting, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add it to the **pickling liquid** with just enough **water** to cover the onion. Set aside.



Serve up

Toss the **rocket leaves** on the tray with the roasted veggies. Drain the pickled onion. Slice the Bengali lamb. Divide the lamb and spiced veggies between plates. Top the veggies with the pickled onion. Spoon the coconut sauce over the lamb. Serve with the mint yoghurt.

Enjoy!