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Massaman Lamb Steaks with Matchstick Veg & Sesame Rice

We love this recipe that's like a fresh twist on one of our favourite curries. Massaman can sometimes be creamy and heavy, but with these tasty marinated lamb steaks and a fresh zesty salad, you'll feel as light as air.



Prep: 15 mins

Cook: 15 mins

Total: 30 mins



level 1

Pantry Items



Water



Olive Oil



Sesame Oil



Rice Wine
Vinegar



Salt-Reduced
Soy Sauce



Jasmine Rice



Lamb Leg Steaks



Massaman Curry
Paste



Sesame Seeds



Cucumber



Carrot



Spring Onion

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2P	4P	Ingredients
1 packet	2 packets	Jasmine rice, rinsed well
3 cups	6 cups	water *
2	4	lamb leg steaks
1 tub	2 tubs	Massaman curry paste
2 tbs	4 tbs	olive oil *
1 sachet	2 sachets	sesame seeds
1	2	cucumber, cut into matchsticks 
1	2	carrot, cut into matchsticks 
1 bunch	2 bunches	spring onions, cut into matchsticks 
1 tsp	2 tsp	sesame oil *
1 tsp	2 tsp	rice wine vinegar *
1 tsp	2 tsp	salt-reduced soy sauce *

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	3000	Kj
Protein	41.7	g
Fat, total	29.3	g
-saturated	7.1	g
Carbohydrate	70	g
-sugars	6	g
Sodium	881	mg



You will need: *chef's knife, chopping board, sieve, medium saucepan, two medium bowls, medium frying pan, wooden spoon, tongs, plate and aluminium foil.*

1 Place the **Jasmine rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes**, or until the rice is soft. Drain. Return the rice to the saucepan. Season with **salt** and **pepper** and set aside, covered.

2 In a medium bowl, toss the **lamb leg steaks** with the **Massaman curry paste** and half of the **olive oil**.

3 Heat a medium frying pan over a medium-high heat. Add the **sesame seeds** and toast, stirring often, for **3-4 minutes**, or until golden. Remove from the pan and set aside. Add half of the remaining olive oil to the pan and cook the lamb steaks for **2 minutes** on each side for medium-rare. Transfer to a plate and cover with aluminium foil to rest. Slice into 1cm thick slices.

4 To make the salad, add the **cucumber, carrot, spring onion**, half of the **sesame oil**, the **rice wine vinegar**, the **salt-reduced soy sauce** and the remaining olive oil to a second medium bowl. Toss to combine.

5 When the rice is cooked, stir through the remaining sesame oil and the toasted sesame seeds.

6 To serve, divide the sesame rice, Massaman lamb and matchstick veg between bowls. Pour over any excess salad dressing. Enjoy!

Did you know? Massaman curry is believed to have originated in Central Thailand in the 17th century.

