



Fragrant Lamb Shank Korma

with Mustard Seed Beans and Fluffy Rice

PREMIUM 30 Minutes • Little Heat • 1 of your 5 a day

N° 13



Onion



Garlic Clove



Green Beans



Basmati Rice



Cardamom Pod



Korma Paste



Coconut Milk



Lamb Shank



Coriander



Salted Peanuts



Mustard Seeds

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Saucepan, Large Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	2	3	4
Green Beans**	1 small pack	1 large pack	2 small packs
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Cardamom Pod	1 pot	1 pot	1 pot
Korma Paste 9)	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Lamb Shank 10)**	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot
Olive Oil*	1½ tbsp	2 tbsp	3 tbsp
Mustard Seeds 9)	1 small pot	¾ large pot	1 large pot

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	716g	100g
Energy (kJ/kcal)	4862/1162	679/162
Fat (g)	71	10
Sat. Fat (g)	34	5
Carbohydrate (g)	80	11
Sugars (g)	11	2
Protein (g)	50	7
Salt (g)	2.52	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 9) Mustard 10) Celery

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepped

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans**.



4. Make the Pesto

Simmer (uncovered), basting the **lamb** occasionally until the **sauce** reduces and has thickened, 15-20 mins. Increase the heat if the **sauce** isn't reducing. Meanwhile, finely chop the **coriander** (stalks and all) and roughly chop the **peanuts**. Pop the **coriander** and **peanuts** in a bowl and stir in the **olive oil** (see ingredients for amount). Season with **pepper** and stir together - **pesto** done!



2. Cook the Rice

Pour the water for the **rice** (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice** and **cardamom pods**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



5. Cook the Beans

Heat a drizzle of **oil** in a frying pan on medium high heat. Once hot, add the **green beans** and season with **salt** and **pepper**. Stir fry until the **beans** are slightly charred, 2-3 mins, then add the remaining **garlic** and **mustard seeds**. Stir fry for a minute, then add a splash of **water**. Cover the pan with a lid or some foil, steam fry until the **beans** are tender, 2-3 more mins. Remove from the heat.



3. Start the Lamb

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium heat. When hot, add the **onion** and cook until softened, 5-6 mins, stir occasionally. Add the **korma paste** and **half** the **garlic**, stir and cook for 1 minute, then pour in the **coconut milk** and season with **salt** and **pepper**. Stir and bring to the boil, add the **lamb shanks** and all of the **juices** in the bag. Baste the **lamb** in the liquid using a large spoon and lower the heat to a simmer. **IMPORTANT:** The lamb is cooked when it is no longer pink in the middle.



6. Finish and Serve

Once the **lamb** is cooked, season the **sauce** to taste with **salt** and **pepper**. Remove the **cardamom pods** from the **rice** and fluff it up with a fork. Spoon the **rice** into one side of big bowls. Carefully place the **lamb** on the other side of the bowl and spoon the **sauce** around the **lamb**. Finish with the **green beans** and then spoon the **pesto** over the top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.