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Easy Massaman Lamb Curry with Fluffy Rice

This rich, mild Thai curry is a favourite in Australia, and with good reason! It's creamy, tasty and so luxurious with its coconut milk base. Soft, melt in your mouth lamb and green beans are the perfect additions to this curry which will please kids and adults alike.



Prep: 15 mins

Cook: 35 mins

Total: 50 mins



level 2



lactose
free



contains
crustacea

Pantry Items



Olive Oil



Water



Lamb Leg Steaks



Brown Onion



Massaman
Curry Paste



Garlic



Carrot



Sweet Potato



Coconut Milk



Green Beans



Jasmine Rice

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QTY	Ingredients
600 g	lamb leg steaks, fat trimmed
1 ½ tbs	olive oil *
1	brown onion, finely sliced
2 tbs	massaman curry paste
2 cloves	garlic, peeled & crushed
1	carrot, finely sliced on the diagonal
400 g	sweet potato, peeled & chopped into 3 cm chunks
1 tin	coconut milk
200 g	green beans, cut into 3 cm lengths
1 ½ cups	Jasmine rice, rinsed well
6 cups	water *

⊕ Ingredients features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3490	Kj
Protein	45	g
Fat, total	32.5	g
-saturated	17.2	g
Carbohydrate	83.1	g
-sugars	11.7	g
Sodium	819	mg

2a



You will need: *chef's knife, chopping board, garlic crusher, vegetable peeler, sieve, aluminium foil, large bowl, plate, wooden spoon, medium saucepan, and a large deep-sided frying pan.*

1 In a large bowl, rub the **lamb leg steaks** with 2 tsp of the **olive oil**. Season with some **salt** and **pepper**. Heat a large deep-sided frying pan over a medium-high heat. Cook the lamb for **2 minutes** on each side until browned for medium rare, or until cooked to your liking. Transfer to a plate and cover with foil.

2b



2 In the same frying pan, heat another 2 tsp of the olive oil over a medium-high heat. Add the **brown onion** and cook for **5 minutes**, or until the onion has softened. Add the **massaman curry paste**, **garlic** and remaining olive oil. Cook for **2 minutes**, stirring regularly to break up the curry paste. Add a splash of water to deglaze the pan and then add the **carrot** and **sweet potato** and cook for a further **5 minutes** so that all the ingredients are coated in the spices.

3



3 Pour in the **coconut milk** and stir to combine. Bring the mixture to the boil, reduce the heat to medium-low and cover. Simmer for **10 minutes** and then stir in the **green beans**. Simmer for a further **5 minutes** or until the sweet potato is soft when pricked with a fork.

Tip: If you don't have a lid, carefully cover the pan tightly with foil. You can adjust the consistency of your curry sauce with a little hot water if you need to. Season your curry to taste with a pinch of salt or sugar.

5



4 Meanwhile, place the **Jasmine rice** and **water** in a medium saucepan. Bring the water to the boil over a high heat. Reduce the heat to medium and simmer for **10 minutes** or until soft. Drain and set aside.

5 Thinly slice the rested lamb leg steaks. Stir the lamb through the curry sauce for **1 minute** to heat through.

6 To serve, divide the rice between plates and top with the curry. Enjoy!