

$$\frac{3[34]^2\langle 12\rangle[14]^2\langle 45\rangle^2}{\langle 4|1+2|4]^4} +$$

$$\frac{2[34]^2[14]\langle 45\rangle\langle 25\rangle}{\langle 4|1+2|4]^3}$$