$$\begin{aligned} \frac{4m_{\ell}^{2}\langle 1|3|2]}{\langle 2|3|1|} + \\ \frac{\langle 1|3|2|(1/2\langle 1|4|2|\langle 12\rangle + 1/2\langle 1|3|4|1\rangle)}{\langle 2|4|5|1\rangle} + \\ \frac{\langle 1|3|2|(-1/2\langle 1|4|2]|(12) + 1/2\langle 2|3|4|2])}{|2|4|5|1|} \end{aligned}$$