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Lamb Roast with Golden Spuds, Carrots & Green Beans

Traditionally, Sunday Roast was put into the Aga oven and left for hours while the family trotted off to church in their Sunday best. After reducing the meat and veg to browned masses, gravy was poured over everything to add back some moisture. Fortunately, you can now enjoy this roast in half the time!



Prep: 10 mins

Cook: 45 mins

Total: 55 mins



level 1



lactose
free



gluten
free

Pantry Items



Olive Oil



Lamb Leg Portion



Garlic



Rosemary



Potatoes



Carrots



Green Beans

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QTY	Ingredients
1 portion	lamb leg
2 cloves	garlic, peeled & finely sliced
1 bunch	rosemary, leaves picked & roughly chopped
2 tbs	olive oil *
1 kg	potatoes, unpeeled & cut into quarters
3	carrots, peeled & sliced into batons
200 g	green beans, ends trimmed

- ⊕ Ingredients features in another recipe
- * Pantry Items
- 🌿 Pre-preparation

Nutrition per serve		
Energy	2230	Kj
Protein	46.5	g
Fat, total	18.3	g
-saturated	6.2	g
Carbohydrate	41	g
-sugars	7.2	g
Sodium	166	mg



You will need: *chef's knife, chopping board, vegetable peeler, colander, kettle, plate, two baking paper lined oven trays, aluminium foil, medium bowl, and a medium oven-proof frying pan.*



- 1** Preheat the oven to **200°C/180°C** fan-forced. Boil a full kettle of water.
- 2** Make ten x 1 cm-deep cuts all over the **lamb leg portion**. Push a slice of **garlic** and half of the chopped **rosemary** into each cut of the lamb. Drizzle with half the **olive oil**. Season well with **salt** and **pepper**.



- 3** Heat a large ovenproof frying pan over a medium-high heat. Cook the lamb leg for **3 minutes** on each side, until browned. Transfer the pan to the oven and cook for a further **25-30 minutes** for medium rare, or until cooked to your liking. Remove from the oven and cover with foil to rest for **10 minutes**. Slice.
- Tip:** If you don't have an ovenproof frying pan, transfer the browned lamb to a baking paper lined oven tray and cook as directed.



- 4** Meanwhile, place the **potato** and **carrot** on the prepared oven trays in a single layer. Drizzle with the remaining olive oil and rosemary, and season well with salt and pepper. Toss to coat well. Place in the oven and cook for **30-35 minutes**, or until golden and cooked through.
- 5** While the lamb is resting and the vegetables are almost cooked, place the **green beans** in a medium bowl. Pour over the boiling water and leave for **2-3 minutes**. Drain.
- 6** To serve, divide the lamb, potatoes, carrots and green beans between plates. Serve with a dollop of Dijon mustard, if you like!