



Everything But The Chef

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Roast Lamb with Sugar Snap Peas & Goat Cheese Salad

An appeal to your sentimentality tonight with a good old roast lamb. If nostalgia makes us view certain aspects of our youth through rose-tinted glasses, consider this recipe adjusted for inflation. Not an overdone veggie in sight here, just crisp greens and crunchy sweet potato. We've ditched the gravy for goats cheese too. Delicious! Why not invite your Mum around and treat her to a Sunday Roast for a change?

- Prep:** 10 mins
- Cook:** 30 mins
- Total:** 40 mins
- level 1**
- gluten free**
- high protein**
- outdoor dining**

Pantry Items



Olive Oil



Lamb Rump Portion



Sweet Potato



Sugar Snap Peas



Mint



Dill Goat Cheese

2P	4P	Ingredients
1 portion	2 portions	lamb rump
400 g	800 g	sweet potato, unpeeled & cut into 5 mm thick discs
1 tbs	2 tbs	olive oil *
100 g	200 g	sugar snap peas, trimmed & destring
½ bunch	1 bunch	mint, leaves picked
½ block	1 block	dill goat cheese, crumbled

⊕ May feature in another recipe

* Pantry Items

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Nutrition per serving

Energy	3140	Kj
Protein	49.7	g
Fat, total	46.1	g
-saturated	20.6	g
Carbohydrate	31.6	g
-sugars	13.3	g
Sodium	270	mg

Measuretool

0 cm	1 cm	2 cm

Disclaimer: Sweet potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.



You will need: *chef's knife, chopping board, zester, oven tray lined with baking paper, kettle, strainer, medium frying pan, plate, aluminium foil, heatproof bowl, large bowl, and a small bowl or jar.*

1 Preheat the oven to **200°C/180°C** fan forced. Bring a kettle full of water to the boil.

2 Heat a lightly greased medium frying pan over a medium-high heat. Season the **lamb rump portion** with **salt** and **pepper**. Add the lamb to the pan fat-side down and cook all sides for a total of **5 minutes** or until browned. Transfer to one side of the prepared oven tray fat side up.

3 Add the **sweet potato discs** to the other side of the tray and toss in half of the **olive oil**. Season with salt and pepper. Place the tray in the oven for **25 minutes** or until the lamb is cooked and the sweet potato is tender. Set the lamb aside on a plate and cover with foil to rest for at least **5 minutes**. Then slice.

4 Meanwhile, place the **sugar snap peas** in a heatproof bowl. Pour over the boiling water from the kettle and stand for **2 minutes** or until just tender. Drain and refresh under cold water.

5 In a large bowl, combine the sugar snap peas, **mint**, **dill goat cheese**. Season with salt and pepper. Drizzle the salad with the remaining olive oil and toss to coat well.

6 To serve, divide the salad, sweet potato and lamb between plates.



Did you know? Goat cheese is much easier to digest than cows cheese due to its lower level of lactose and fat.