



# Dukkah-Crusted Lamb Loin

with Sweet Potato Puree, Charred Chermoula Cauli and Aubergine & Dill Salsa

**PREMIUM** 40 Minutes • Medium Heat • 3 of your 5 a day



Aubergine



Sweet Potato



Cauliflower



Dill



Butter



Red Wine Vinegar



Ground Cumin



Lamb Loin



Super Dukkah Mix



Chermoula Spice

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Large Saucepan, Colander, Baking Tray and Frying Pan.

### Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Sweet Potato**	1	2	2
Cauliflower**	1	1	2
Dill**	1 bunch	1 bunch	1 bunch
Butter 7)**	30g	60g	60g
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil for the Salsa*	2 tbsp	3 tbsp	4 tbsp
Ground Cumin	1 small pot	¾ large pot	1 large pot
Lamb Loin**	2	3	4
Super Dukkah Mix 1) 2) 3) 10)	1 pot	1½ pots	2 pots
Chermoula Spice	1 small pot	1 large pot	1 large pot

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	750g	100g
Energy (kJ/kcal)	2975 /711	397 /95
Fat (g)	40	5
Sat. Fat (g)	16	2
Carbohydrate (g)	45	6
Sugars (g)	19	3
Protein (g)	41	6
Salt (g)	0.78	0.10

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

1) Peanut 2) Nut 3) Sesame 7) Milk 10) Celery 14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Get Prepped

Preheat your oven to 200°C. Bring a large saucepan to the boil with ½ tsp of salt. Trim the aubergine then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Peel the sweet potato and chop into 3cm chunks. Separate the cauliflower into florets then slice each cauliflower floret into 3 or 4 slices. Finely chop the dill (stalks and all).



## 4. Lamb Time

While everything else cooks, heat a drizzle of oil in a frying pan over a high heat. Pop the lamb loins onto a plate, drizzle with oil and season with salt and pepper. Use your hands to coat the meat. **IMPORTANT:** Wash your hands after handling raw meat. When the pan is hot, brown the lamb all over for 2-3 mins total, then transfer to a baking tray fat side up. Divide the dukkah between the tops of the lamb and roast on the middle shelf for 9-10 mins. **TIP:** This will result in medium rare lamb, cook for 2-3 mins longer if you want it more well done. **IMPORTANT:** The lamb is safe to eat when the outside is brown.



## 2. Potato Time!

Add the sweet potatoes to the boiling water and simmer until tender, 15-18 mins. Once cooked, drain in a colander and leave to steam for 2-3 mins. Then return to the pan, off the heat. Add the butter and using a stick blender, whizz to a smooth, well blended puree. Season to taste with salt and pepper. Cover with a lid, we will reheat it later. **TIP:** If you don't have a stick blender, you can use a normal blender or a potato masher.



## 5. Fry the Cauli

Pop your pan back on medium high heat, add a drizzle of oil if the pan is dry. Add the cauliflower and sprinkle over the chermoula (add less if you don't like heat). Season with salt and pepper and fry until golden and tender, 6-8 mins. Stir every 2-3 mins. **TIP:** You want them to pick up some colour so don't stir too often. Remove from the heat.



## 3. Roast the Aubergine

Meanwhile, pop the dill in a medium bowl and add the red wine vinegar and olive oil (see ingredient list for amount). Season with salt and pepper, set aside. Pop the aubergine on a baking tray and drizzle with oil. Season with salt and pepper and sprinkle over the ground cumin. Roast on the middle shelf of your oven until browned and tender, 25-30 mins. Turn halfway through.



## 6. Finish and Serve

When the lamb is ready, remove from the oven and cover with foil until ready to serve. Reheat the sweet potato puree on medium heat if necessary. Add the roasted aubergine to the dill dressing and stir together. Slice each lamb into 5 pieces. Spoon one large dollop of puree onto each plate and use the back of your spoon to drag it out in a line. Serve the lamb alongside and dot the charred cauli and aubergine salsa around the plate.

Enjoy!

There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.