



Garlic Studded Roast Lamb

with Provencale Roasted Veggies, Mint and Balsamic Drizzle

PREMIUM Hands on Time: 45 Minutes • Total Time: 75 Minutes: • 2.5 of your 5 a day

N° 20



Potato



Courgette



Mint



Garlic Clove



Roast Lamb Joint



Flour



Red Wine Jus Paste



Balsamic Vinegar



Tenderstem Broccoli®



Baby Plum Tomatoes

Before you start

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

Basic cooking tools, you will need:

Two Baking Trays, Large Saucepan, Frying Pan, Saucepan and Measuring Jug.

Ingredients

| | 2P | 3P | 4P |
|--------------------------------|----------------|----------------|----------------|
| Potato** | 900g | 1.15kg | 14kg |
| Courgette** | 1 | 1½ | 2 |
| Mint** | ½ bunch | ¾ bunch | 1 bunch |
| Garlic Clove** | 1 | 2 | 2 |
| Roast Lamb Joint** | 450g | 675g | 900g |
| Flour (13) | 24g | 36g | 48g |
| Water for Gravy* | 250ml | 370ml | 500ml |
| Red Wine Jus Paste (10) (14) | 1 pot | 1½ pots | 2 pots |
| Balsamic Vinegar (14) | 1 sachet | 1 sachet | 2 sachets |
| Olive Oil for the Minty Sauce* | 2 tbsp | 3 tbsp | 4 tbsp |
| Tenderstem Broccoli*** | 1 small pack | 1 large pack | 2 small packs |
| Baby Plum Tomatoes | 1 small punnet | 1 large punnet | 1 large punnet |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 1010g | 100g |
| Energy (kJ/kcal) | 3778 /903 | 374 /89 |
| Fat (g) | 27 | 3 |
| Sat. Fat (g) | 9 | 1 |
| Carbohydrate (g) | 105 | 10 |
| Sugars (g) | 13 | 1 |
| Protein (g) | 63 | 6 |
| Salt (g) | 1.81 | 0.18 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

(10) Celery (13) Gluten (14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Contact

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1. Start the Potatoes

Preheat your oven to 200°C. Pour a good glug of **oil** onto a baking tray and pop in your oven. Bring a large saucepan of **water** to the boil on high heat with a pinch of **salt**. Peel the **potatoes**, chop them into 4cm chunks. Trim the **courgette** and slice into 1cm thick rounds. Pick the **mint leaves** from their stalks and finely chop (discard the stalks). Add the **potatoes** to the boiling **water** and cook for 7-8 mins or until the edges have softened when you poke them with a knife.



4. Roast the Lamb

Season the **lamb** with **salt**, **pepper** and a drizzle of **oil**. Transfer to another baking tray and roast in the oven for **2P: 30 mins 3P: 40 mins 4P: 55 mins** (depending on size) for medium rare. Add an extra 5 mins if you like your **lamb** more cooked. Rest wrapped loosely in foil for at least 10 mins before slicing. **IMPORTANT: The lamb is safe to eat when the outside is cooked.**



2. Garlic Time

Peel the **garlic clove(s)** and quarter lengthways. Take your **lamb roasting joint** and use a small knife to poke small holes about 2cm deep. **TIP: 1 hole per quarter of garlic.** Push a piece of **garlic** into each hole. Keep to one side, we will roast the **lamb** later. **IMPORTANT: Wash your hands after handling raw meat.** Once the **potatoes** are ready, drain in a colander, pop back into the pan and sprinkle on **half the flour**. Give your pan a shake to fluff up the **potato**.



5. Make the Sauces

Meanwhile, heat a glug of **oil** in a saucepan over medium heat, stir in the remaining **flour** and cook for a minute. Gradually stir in the **water** (see ingredients for amount), bring to the boil, stirring out any lumps that may form. Stir in and dissolve the **red wine jus paste**, then lower the heat and simmer until the **gravy** has thickened to your liking, 15-20 mins. Season to taste with **salt** and **pepper**. In a small bowl, mix the **mint** with the **balsamic vinegar** and **olive oil** (see ingredients for amount) and set aside.



3. Roast the Potatoes

Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Sprinkle over a pinch of **salt**. Roast the **potatoes** on the top shelf of your oven for 45-50 mins, turn halfway through. Meanwhile, heat a frying pan over high heat (no **oil**). When hot, add the **courgettes** and cook until charred, 3 mins on each side. Keep to one side, we will re-heat before serving. Wipe the pan clean.



6. Finish Off

While the **lamb** rests, pop the **tenderstem** and **baby tomatoes** on the baking tray you used for the **lamb**, drizzle with **oil** and season with **salt** and **pepper**. Roast until tender and the **tomatoes** have popped, 10 mins. Add the charred **courgette slices** to the tray for the last 5 mins to warm through. Remove the netting from the **lamb**, slice thinly and arrange on your plates. Pop the **roasties** and **Provençal veggies** alongside. Reheat the **gravy** if necessary, spoon all over and finish with a drizzle of the **minty dressing!** **Enjoy!**

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