



Harrissa-Spiced Roast Lamb

with Roast Potatoes, Cheesy Cauli, Chantenay Carrots and Gravy

Nº 20

ROAST Hands on Time: 30 Minutes • Total Time: 75 Minutes • Little Heat • 2 of your 5 a day



Potato



Chantenay Carrot



Ground Cumin



Lamb Roasting Joint



Harissa Paste



Plain Flour



Cauliflower Florets



Chicken Stock Powder



Cheddar Cheese



Super Dukkah Mix

Before you start

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

Basic cooking tools you will need:

Two Baking Trays, Two Large Saucepan, Peeler, Colander, Measuring Jug and Coarse Grater.

Ingredients

	2P	3P	4P
Potato**	900g	1150g	1400g
Chantenay Carrot**	1	1½	2
Ground Cumin	1 small sachet	¾ large sachet	1 large sachet
Sugar for the Carrots*	1 tsp	1½ tsp	2 tsp
Lamb Roasting Joint**	450g	675g	900g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Plain Flour 13)	24g	36g	48g
Cauliflower Florets**	1 small pack	1 medium pack	1 large pack
Water for the Gravy*	400ml	600ml	800ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Cheddar Cheese 7) **	1 block	1½ blocks	2 blocks
Super Dukkah Mix 1) 2) 3) 10)	1 tbsp	1½ tbsp	2 tbsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	1018g	100g
Energy (kJ/kcal)	4199/1004	412/99
Fat (g)	37	4
Sat. Fat (g)	13	1
Carbohydrate (g)	105	10
Sugars (g)	17	2
Protein (g)	65	6
Salt (g)	2.79	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **2)** Nut **3)** Sesame **7)** Milk **10)** Celery **13)** Gluten

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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You can recycle me!

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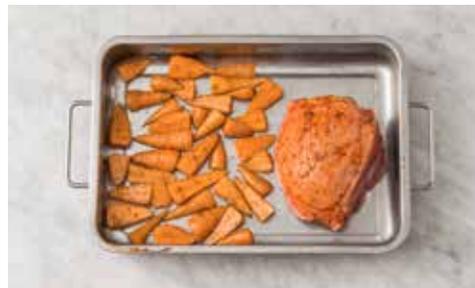
1. Start the Potatoes

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 ½ tsp of **salt**. Peel the **potatoes**, chop them into 4cm chunks. Add the **potatoes** to the boiling **water** and cook until the edges have softened when you poke them with a knife, 7-8 mins.



4. Prep the Cauli

Once the **potatoes** have been cooking for 10 mins (or straight away if you are cooking for 3P and 4P), roast the **lamb** and **carrots** on the middle shelf of the oven for **2P: 25-30 mins 3P: 35-40 4P: 50-55 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.** Pop the **cauliflower** on a smallish baking tray or ovenproof dish (in a single later). Drizzle with **oil** and season with **salt** and **pepper**. Add the **cauli** to the bottom shelf of the oven to roast for the last 25 mins of potatoes' cooking time.



2. Prep the Lamb

While the potatoes cook, trim the tops from the **carrots** and halve lengthways. Pop them on a large baking tray and drizzle with **oil**. Season with **salt** and **pepper**, **ground cumin** and **sugar** (see ingredient list for amount). Toss to coat the **carrots** in the **oil** and **spices** and spread in a single layer at one end of the baking tray. Carefully remove the **lamb** from the netting (discard the netting). Rub the **harissa paste** (use less if you don't like heat) onto the **lamb** and season with **salt** and **pepper**. Place it on the other end of the carrot tray. **IMPORTANT: Remember to wash your hands and equipment after handling raw meat.**



5. Gravy Time

Meanwhile, heat a glug of **oil** in a saucepan over medium heat, stir in the remaining **flour** and cook for a minute- you've made a **roux!** Gradually stir in the **water** (see ingredients for amount) and **chicken stock powder**, bring to the boil, stirring out any lumps that may form. Once boiling, lower the heat and simmer until the **gravy** has thickened to your liking, 15-20 mins. Meanwhile, grate the **cheddar cheese** and pop in a bowl. Add the **dukkah** to the **cheese** and mix together.



3. Roast the Potatoes

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**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season with **salt**. Roast the **potatoes** on the top shelf of your oven for 45-50 mins, turning halfway through.



6. Finish Off

In the last 5 mins of cauliflower cooking time, sprinkle over the **cheese** and **dukkah** and pop on the middle shelf for the last 5 mins. The **lamb** and **carrots** should be out of the oven now. Once everything is cooked, thinly slice the **lamb** and serve with the **carrots**, **potatoes** and **cheesy cauli**. Add the **lamb resting juices** to the **gravy** if you want to make it a bit thinner. Drizzle the **gravy** over the **meat**.

Enjoy!