



(02) 8188 8722 | HelloFresh.com.au

WK03
2017

Lamb with Parmesan Cauliflower & Potato Roasties

The HelloFresh take on lamb roast is a winning meal with a modern twist. We've kept the lamb leg steaks simple to let the flavour of the quality meat shine, but we've added cheese and texture to the accompanying vegetables that we know you'll love.



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



nut free



high protein

Pantry Items



Olive Oil



Potatoes



Cauliflower



Parmesan



Lamb Leg Steaks



Rocket

JOIN OUR PHOTO CONTEST





#HelloFreshAU

2P

4P

Ingredients

200 g	400 g	potatoes, unpeeled & cut into 1 cm cubes
1 portion	2 portions	cauliflower, cut into small florets 
1 tbs	2 tbs	olive oil *
1 block	2 blocks	Parmesan cheese, finely grated
2	4	lamb leg steaks
1 bag	2 bags	rocket leaves, washed

 Ingredient features in another recipe

 Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2430	Kj
Protein	57.8	g
Fat, total	27.9	g
-saturated	11.6	g
Carbohydrate	21.4	g
-sugars	6	g
Sodium	479	mg



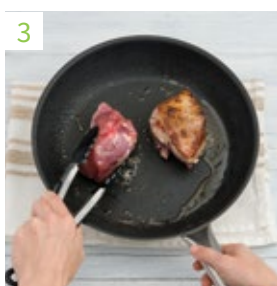
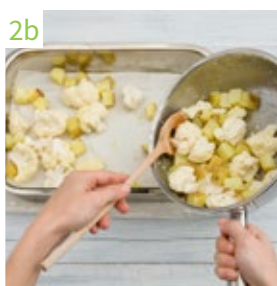
You will need: *chef's knife, chopping board, large saucepan, sieve, oven tray lined with baking paper, medium frying pan, tongs, plate and aluminium foil.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **potato** in a large saucepan and cover with water. Bring to the boil and cook for **10 minutes**, or until par-cooked. Drain and return the potato to the same saucepan (off the heat). To prepare the vegetables for the oven, add the **cauliflower, olive oil, Parmesan cheese and salt and pepper** to the saucepan with the potato. Toss to coat well. Transfer the mixture to the prepared oven tray. Cook in the oven for **30 minutes**, or until golden and crispy.

3 In the last **10 minutes** of the vegetable cooking time heat a medium frying pan over a medium-high heat. (Make sure it's nice and hot before you add the lamb). Season the **lamb leg steaks** with salt and pepper. Add the lamb to the hot pan. Cook for **2 minutes** on each side for medium rare, or until cooked to your liking. Remove the lamb from the pan, transfer to a plate and cover with foil. Rest for **5 minutes** and then cut the lamb into 1 cm thick slices.

4 To serve, divide the lamb and vegetables between plates. Serve with the **rocket leaves** drizzled with a little olive oil. Enjoy!



Did you know? Cauliflower also comes in an orange and purple variety.