



# Roast Lamb

with Garlicky Swede and Cabbage Gratin, Roasties and Rosemary and Balsamic Gravy

**PREMIUM** Hands on Time: 45 Minutes • Total Time: 75 Minutes

N° 20



Potato



Swede



Garlic



Rosemary



Panko  
Breadcrumbs



Hard Italian Style  
Grated Cheese



Flour



Chopped  
Savoy Cabbage



Crème Fraîche



Lamb Roasting Joint



Balsamic Vinegar



Chicken Stock Powder

## Before you start

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

### Basic cooking tools, you will need:

Baking Tray, 2 Large Saucepans, Fine Grater (or Garlic Press), Colander, Baking Tray and Measuring Jug.

### 2 | 3 | 4 People-Ingredients

	2P	3P	4P
Potato**	900g	1.15kg	1.4kg
Swede**	1	1½	2
Garlic**	1	1	2
Rosemary**	½ bunch	¾ bunch	1 bunch
Panko Breadcrumbs <b>13</b>	10g	15g	20g
Hard Italian Style Grated Cheese <b>7) 8)</b> **	1 pack	1½ packs	2 packs
Flour <b>13)</b>	24g	36g	48g
Chopped Savoy Cabbage**	1 bag	2 bags	2 bags
Crème Fraîche <b>7)</b> **	150g	200g	300g
Lamb Roasting Joint**	450g	675g	900g
Water for Gravy*	400ml	600ml	800ml
Balsamic Vinegar <b>14)</b>	1 sachet	1 sachet	2 sachets
Chicken Stock Powder	1 pot	1½ pots	2 pots

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	1327g	100g
Energy (kJ/kcal)	4429 / 1059	334 / 80
Fat (g)	47	4
Sat. Fat (g)	22	2
Carbohydrate (g)	104	8
Sugars (g)	12	1
Protein (g)	68	5
Salt (g)	2.54	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **8)** Egg **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 2 large saucepans of **water** to the boil on high heat with a pinch of **salt**. Peel the **potatoes**, chop them into 4cm chunks. Add the **potatoes** to one pan of **boiling water** and cook for 7-8 mins or until the edges have softened when you poke them with a knife. Peel the **swede** and chop into 2cm chunks. Add to the second pan of **boiling water** and cook until tender, 20-25 mins. Drain when ready.



## 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: 30mins 3p: 40mins 4p: 55 mins** (depending on size) for medium rare. Add an extra 5 mins if you like your **lamb** more cooked. Rest the **lamb**, wrapped loosely in foil for at least 10 mins before slicing. **IMPORTANT: The lamb is safe to eat when the outside is cooked.** Time to make the **gravy**...

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## 2. Prep Time

Peel and grate the **garlic** (or use a garlic press). Pick the **rosemary leaves** from their stalks and finely chop (discard the stalks). In a small bowl, mix the **panko breadcrumbs** with the **hard Italian style cheese**, **black pepper** and a drizzle of **oil**. Keep to one side. Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on **half the flour**. Give your pan a shake to fluff up the **potato**.



## 5. Make the Gravy

Heat a glug of **oil** in the pan you used for the swede over medium heat. Stir in the remaining **flour** and **rosemary** and cook for a minute. Gradually stir in the **water** (see ingredients for amount) and **balsamic vinegar**, bring to the boil, stirring out any lumps that may form. Stir in the **chicken stock powder**, lower the heat and simmer until the **gravy** has thickened to your liking, 12-15 mins. Season to taste with **salt**, **pepper** and **sugar** if it's a bit sharp.



## 3. Roast the Potatoes

Take your hot baking tray out of your oven, carefully add your **potatoes** 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 the pan you used for your **potatoes** over medium heat and add a splash of **water**. Add the **cabbage**, along with a splash of **water** and cook until softened, 4-5 mins, stirring frequently. Add the **garlic**, cook for a minute and then add the **creme fraiche**. Bring up to a bubble and carefully stir in the cooked and **drained swede**. Transfer to an ovenproof dish and cover with the **cheesy crumb**. We will bake it later.



## 6. Finish Off

Pop the **swede gratin** in the oven and bake for the last 10-15 mins of cooking time. You want the top to be crisp and golden. Do any washing up that needs doing while you have time and reheat the **potatoes** or **gravy** if they have cooled. When everything is hot and ready, remove the netting from the **lamb**, slice thinly and arrange on your plates. Pop the **roasties** alongside and then spoon on the **gratin**. **TIP: Add any resting juices from the lamb to the gravy for extra flavour.** Finish with lashings of **gravy**.

Enjoy!