



# Roast Lamb and Mulled Wine Spices

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

**ROAST** 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



Lemon



Orange



Caster Sugar



Star Anise



Cardamom Pod



Cinnamon Stick

## Before you start

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

### Basic cooking tools you will need:

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

### Ingredients

	2P	3P	4P
Potato**	900g	1.15kg	14kg
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 large bag	2 small bags	2 large bags
Crème Fraîche <b>7)**</b>	1 pouch	1½ pouches	2 pouches
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 sachet	1½ sachets	2 sachets
<b>Mulled Wine Ingredients</b>			
Lemon	1	1	1
Orange	1	1½	2
Sugar	1	1	2
Star Anise	2	3	4
Cardomom pod	4	6	8
Cinnamon Stick	1	2	2
Red Wine*	750ml	1.125ltr	1.5ltr

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

### Nutrition

for uncooked ingredient	Per serving	Per 100g
	1541g	100g
Energy (kJ/kcal)	5220/1248	339/81
Fat (g)	48	3
Sat. Fat (g)	22	1
Carbohydrate (g)	150	10
Sugars (g)	55	4
Protein (g)	69	5
Salt (g)	2.56	0.17

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, 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.



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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, chop into 2 cm chunks and add to the other pan of boiling **water**. Cook until tender, 20-25 mins, then drain in a colander and return to the saucepan.



## 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.** Time to make the **gravy**...



### MULLED WINE RECIPE

Peel the lemon and orange with a potato peeler. Halve the orange and squeeze the juice into a large saucepan, add the lemon and orange peel, along with the sugar, star anise, cardamom pods and cinnamon sticks. Pour over the wine and heat gently until the sugar has dissolved, stirring occasionally. Bring to the boil, then remove from the heat and leave to infuse for 15 mins (or longer). When ready to drink, warm it back up and pour into mugs - Enjoy! It can also be stored in the fridge and reheated when you want it if you have any leftover.



## 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**, 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 **oil**. 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 out the **gratin**. **TIP: Add any resting juices from the lamb to the gravy for extra flavour.** Finish with lashings of **gravy**. **Enjoy!**