



Roast Lamb and Mint Sauce

with Roast Potatoes, Vichy Style Veg and Red Wine Jus

33

Roast 70-80 Minutes • 2 of your 5 a day



Lamb Roasting Joint



Potatoes



Garlic Clove



Rosemary



Cracked Black Pepper



Carrot



Unsalted Butter



Peas



Red Wine Jus Paste



Mint



Red Wine Vinegar

Pantry Items

Oil, Salt, Pepper, Plain Flour, Olive Oil, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, garlic press, colander, bowl, aluminium foil and lid.

Ingredients

Ingredients	2P	3P	4P
Lamb Roasting Joint**	450	675	900
Potatoes	700g	1150g	1400g
Garlic Clove**	3	5	6
Rosemary**	1 bunch	1 bunch	1 bunch
Cracked Black Pepper	2 sachets	3 sachets	4 sachets
Carrot**	3	4	6
Unsalted Butter** 7)	10g	20g	20g
Peas**	120g	180g	240g
Red Wine Jus Paste 10) 14)	22g	37g	44g
Mint**	1 bunch	1 bunch	2 bunches
Red Wine Vinegar 14)	12g	12g	24g
Pantry	2P	3P	4P
Plain Flour*	3 tbsp	4½ tbsp	6 tbsp
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Salt*	¾ tsp	1¼ tsp	1½ tsp
Water for the Veg*	50ml	75ml	100ml
Sugar for the Carrots*	½ tsp	½ tsp	1 tsp
Water for the Jus*	250ml	400ml	500ml
Sugar*	1½ tsp	2¼ tsp	3 tsp
Boiling Water*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	1021g 3907/934	100g 383/91
Fat (g)	32.3	3.2
Sat. Fat (g)	12.3	1.2
Carbohydrate (g)	106.1	10.4
Sugars (g)	21.3	2.1
Protein (g)	60.7	5.9
Salt (g)	3.89	0.38

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 10) Celery 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

♻️ You can recycle me!



1 Get Prepping

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **lamb** from the fridge to allow it to come up to room temperature.

Pour enough **oil** into a deep baking tray to cover the bottom and pop in the oven. Bring a large saucepan of **water** with ½ **tsp salt** to the boil. Peel and chop the **potatoes** into 4cm chunks. Boil the **potatoes** for 7-8 mins or until the edges are soft.

Meanwhile, peel and grate the **garlic** (or use a garlic press).



4 Glaze the Veg

While everything roasts, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

When 20 mins of roasting time remain, pop a large saucepan on medium-high heat. Melt in the **butter** and add the **water for the veg** and **sugar for the carrots** (see pantry for both amounts). Add the **carrots** to the pan, then bring to a boil.

Once boiling, cover with a lid or foil, then lower the heat and simmer for 10-12 mins.

Remove the lid, then add the **peas** and cook until the liquid has evaporated and the **veg** is glazed, 3-4 mins. Stir occasionally.



2 Roast the Potatoes

Once the **potatoes** are ready, drain in a colander and sprinkle on the **flour** (see pantry for amount).

Shake to fluff up the **potatoes**, then carefully add them to the hot baking tray, turning in the **oil**. Season with **salt**, then roast on the top shelf of your oven until golden, 45-50 mins. Turn halfway through.

Meanwhile, pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks).



5 Make your Sauces

Meanwhile, pour the **water for the jus** (see pantry for amount) into the (now empty) potato saucepan and bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium-high. **TIP: If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.**

Allow the **sauce** to bubble and thicken, stirring regularly, 8-9 mins.

While the jus simmers, pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

In another small bowl, combine the **mint** with the **red wine vinegar, sugar** and **boiled water for the sauce** (see pantry for both amounts). Mix well, season with **salt**, then set aside.



3 Bring on the Lamb

Meanwhile, carefully remove the **lamb** from the netting (discard the netting).

In a small bowl, combine the **garlic, rosemary, cracked black pepper, olive oil** and **salt** (see pantry for both amounts). Rub the **mixture** all over the **lamb**, then place onto a baking tray.

Roast on the middle shelf for **2p**: 25-30 mins
3p: 35-40 mins **4p**: 50-55 mins (depending on size) for medium-rare. Add an extra 5 mins if you like your **lamb** more well done.

Rest, wrapped loosely in foil, for at least 10 mins before slicing. **IMPORTANT: Wash your hands and equipment after handling raw meat. The lamb is cooked when browned on the outside.**



6 Carve and Serve

When everything's ready, carve the **lamb** and transfer to your plates. Serve the **Vichy style veg** and **roast potatoes** alongside.

Drizzle the **mint sauce** over the **lamb** and spoon the **red wine jus** over to finish.

Enjoy!