














Windmill Recipe Test 3: Windmill320382-1 with Roast Potatoes, Honey Glazed Root Veg and Red Wine Jus

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



-  Potatoes
-  Garlic Clove
-  Rosemary
-  Cracked Black Pepper
-  Lamb Roasting Joint
-  Carrot
-  Parsnip
-  Red Wine Jus Paste
-  Mint
-  Red Wine Vinegar
-  Honey

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 and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
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
Lamb Roasting Joint**	450	675	900
Carrot**	3	4	6
Parsnip**	2	3	4
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
Honey*	15g	22g	30g
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 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)	998g 3816/912	100g 382/91
Fat (g)	28.4	2.8
Sat. Fat (g)	9.6	1.0
Carbohydrate (g)	111.8	11.2
Sugars (g)	26.1	2.6
Protein (g)	58.4	5.9
Salt (g)	3.92	0.39

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

Allergens

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.

Contact

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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).



Root Veg Time

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

When 25 mins of roasting time remain, add the **carrots** and **parsnips** to the **lamb** baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Roast for the remaining time until tender, 20-25 mins. Turn halfway through.



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).



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 amount). Mix well, season with **salt**, then set aside.



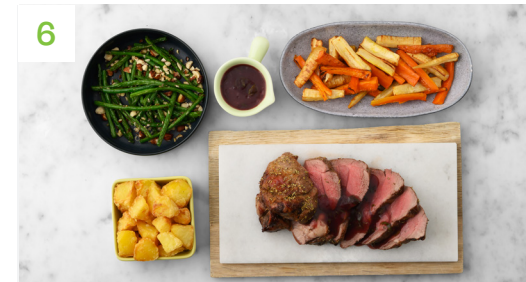
Bring on the Lamb

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 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.**



Finish and Serve

When everything's ready, drizzle the **honey** over the **roasted carrots** and **parsnips** and toss to coat. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**

Carve the **lamb** and transfer to your plates. Serve the **honeyed root veg** and roast **potatoes** alongside.

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

Enjoy!