

Garlic Studded Roast Lamb



with Provencale Roasted Veggies, Mint and Balsamic Drizzle

PREMIUM Hands on Time: 45 Minutes • Total Time: 75 Minutes: • 2.5 of your 5 a day















Roast Lamb Joint





Red Wine Jus Paste



Balsamic Vinegar



Tenderstem Broccoli®



Baby Plum Tomatoes

Before you start

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

Basic cooking tools, you will need:

Two Baking Trays, Large Saucepan, Frying Pan, Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	900g	1.15kg	14kg
Courgette**	1	1½	2
Mint**	½ bunch	¾ bunch	1 bunch
Garlic Clove**	1	2	2
Roast Lamb Joint**	450g	675g	900g
Flour 13)	24g	36g	48g
Water for Gravy*	250ml	370ml	500ml
Red Wine Jus Paste 10) 14)	1 pot	1½ pots	2 pots
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Minty Sauce*	2 tbsp	3 tbsp	4 tbsp
Tenderstem Broccoli®**	1 small pack	1 large pack	2 small packs
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
*Not Included ** Store in the Fridge			

*Not Included * Store in the Fridae

Nutrition

	Per serving	Per 100g
for uncooked ingredients	1010g	100g
Energy (kJ/kcal)	3778 /903	374 /89
Fat (g)	27	3
Sat. Fat (g)	9	1
Carbohydrate (g)	105	10
Sugars (g)	13	1
Protein (g)	63	6
Salt (g)	1.81	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

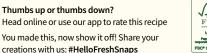
Allergens

10) Celery 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

Thumbs up or thumbs down? Head online or use our app to rate this recipe You made this, now show it off! Share your



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

You can recycle me!



Packed in the UK



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 a large saucepan of water to the boil on high heat with a pinch of salt. Peel the potatoes, chop them into 4cm chunks. Trim the courgette and slice into 1cm thick rounds. Pick the **mint leaves** from their stalks and finely chop (discard the stalks). Add the **potatoes** to the boiling **water** and cook for 7-8 mins or until the edges have softened when you poke them with a knife.



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.



2. Garlic Time

Peel the garlic clove(s) and quarter lengthways. Take your **lamb roasting joint** and use a small knife to poke small holes about 2cm deep. **TIP:** 1 hole per quarter of garlic. Push a piece of garlic into each hole. Keep to one side, we will roast the lamb later. IMPORTANT: Wash your hands after handling raw meat. Once the **potatoes** are ready, drain in a colander, pop back into the pan and sprinkle on half the flour. Give your pan a shake to fluff up the **potato**.



3. Roast the Potatoes

Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it 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 a frying pan over high heat (no oil). When hot, add the courgettes and cook until charred, 3 mins on each side. Keep to one side, we will re-heat before serving. Wipe the pan clean.



5. Make the Sauces

Meanwhile, heat a glug of oil in a saucepan over medium heat, stir in the remaining flour and cook for a minute. Gradually stir in the water (see ingredients for amount), bring to the boil, stirring out any lumps that may form. Stir in and dissolve the red wine jus paste, then lower the heat and simmer until the **gravy** has thickened to your liking, 15-20 mins. Season to taste with salt and pepper. In a small bowl, mix the mint with the balsamic vinegar and olive oil (see ingredients for amount) and set aside.



6. Finish Off

While the lamb rests, pop the tenderstem and baby tomatoes on the baking tray you used for the lamb, drizzle with oil and season with salt and pepper. Roast until tender and the tomatoes have popped, 10 mins. Add the charred courgette slices to the tray for the last 5 mins to warm through. Remove the netting from the **lamb**, slice thinly and arrange on your plates. Pop the roasties and Provencal veggies alongside. Reheat the gravy if necessary, spoon all over and finish with a drizzle of the minty dressing! Enjoy!

HELLO QR CODE!

Scan this code and join our panel of flavour experts. See flyer in your box for more details.

