












Mediterranean Style Lamb Loin

with Garlicky Potatoes, Feta Roasted Aubergine & Tomatoes and Salsa Verde

PREMIUM 35 Minutes • 2 of your 5 a day

N° 19



- | | |
|--|---|
|  |  |
| Salad Potatoes | Aubergine |
|  |  |
| Mint | Feta Cheese |
|  |  |
| Lemon | Garlic Clove |
|  |  |
| Lamb Loin | Baby Plum Tomatoes |
|  | |
| Capers | |

Before you start

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

Basic cooking tools, you will need:

Saucepan, Colander, Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Aubergine**	1	2	2
Mint**	1 bunch	1 bunch	1 bunch
Feta Cheese 7)**	1 block	1½ blocks	2 blocks
Lemon**	½	¾	1
Garlic Clove**	2 cloves	3 cloves	4 cloves
Lamb Loin**	2	3	4
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Capers	15g	15g	30g
Olive Oil for the Salsa Verde*	2 tbsp	3 tbsp	4 tbsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	642g	100g
Energy (kJ/kcal)	2312/553	360/86
Fat (g)	25	4
Sat. Fat (g)	14	2
Carbohydrate (g)	39	6
Sugars (g)	10	2
Protein (g)	44	7
Salt (g)	1.45	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

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 creations with us: #HelloFreshSnaps

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

♻️ You can recycle me!

Packed in the UK



1. Get Prepped

Preheat your oven to 200°C. Bring a large pan of water to the boil with ½ tsp **salt** for the **potatoes**. Chop the **potatoes** into 2cm chunks (no need to peel). Trim the **aubergine** then cut into 1cm thick rounds. Pick the **mint leaves**, discard their stalks and roughly chop. Crumble the **feta** into chunks. Halve the **lemon**.



4. Fry the Potatoes

While everything is cooking in the oven, heat a drizzle of **oil** in the pan you browned the **lamb** in over medium-heat. Add the **potatoes** to the pan, season with **salt** and **pepper** and crush them lightly with a fork. Fry, turning occasionally, until golden, 8-10 mins. Remove the **roasted garlic** from the foil, mash with a fork and stir into the **potatoes**.



2. Cook the Potatoes

Once the pan of **water** is boiling, add the **potatoes** and cook until just tender, 12-15 mins, then drain well in a colander and set aside. Meanwhile, pop the **aubergine slices** onto a large baking tray in a single layer. Drizzle with **oil** and season with **salt** and **pepper**. Peel the **garlic cloves**, pop them into a square of foil, drizzle with **oil** and scrunch to enclose it. Pop it onto the baking tray along with the **aubergine**. Roast the **aubergine** on the top shelf of your oven until golden brown and soft, 20-25 mins turning halfway through. Roast the **garlic** for 10-12 mins until soft.



5. Make the Salsa Verde

Meanwhile, squeeze the **lemon juice** into a small bowl. Add the **capers**, **mint** and **olive oil** (see ingredients for amount). Season with **salt** and **pepper**, mix and set aside.



3. Add the Feta

Meanwhile put a large frying pan on high heat (no oil). When the pan is hot, brown the **lamb** all over, 2-3 mins. Season with **salt** and **pepper**. Transfer to a baking tray and roast on the middle shelf of your oven, 9-10 mins. Don't wash the pan up! When the **lamb** is cooked, leave to rest on a board. **IMPORTANT:** The lamb is safe to eat when the outside is no longer pink. When you turn the **aubergine**, scatter the **crumbled feta** onto it. Pop the **tomatoes** on the baking tray next to the **aubergine**, drizzle with **oil** and season with **salt** and **pepper**. Roast on the top shelf of your oven until the **feta** is golden and the **tomatoes** are starting to burst, for the remaining 10-12 mins of **aubergine** cooking time.



6. Serve

Once the **lamb** has rested, slice in half. Divide the **garlicky potatoes** between plates then top with the **lamb**. Serve with the **roasted feta aubergine** and **tomatoes** alongside with the **salsa verde** drizzled over everything.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.