

Mediterranean Style Lamb Loin

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

PREMIUM 35 Minutes • 2 of your 5 a day













Mint



Mint



Lemon



Garlic



Lamb Loin



Baby Plum Tomatoes



Caper

Before you start

Our fruit, veggies and herbs need a wash before vou 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**	1/2	3/4	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

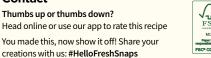
7) Milk

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.

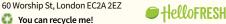
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Packed in the UK

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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.



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.



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.



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.



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.



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.