



Roast Lamb and Salsa Verde

with Roast Potatoes, Chantenay Carrots and Sweetheart Cabbage

Roast 90 Minutes • 2 of your 5 a day

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Potatoes



Lamb Roasting Joint



Chantenay Carrots



Mint



Capers



Lemon



Butter



Chicken Stock Paste



Sweetheart Cabbage



Garlic Clove

Before you start

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

Cooking tools, you will need:

Baking Tray, Large Saucepan, Colander, Foil, Small Bowl, Saucepan and Garlic Press.

Ingredients

	2P	3P	4P
Potatoes**	700g	1150g	1400g
Plain Flour*	24g	36g	48g
Lamb Roasting Joint**	450g	675g	900g
Mint**	1 bunch	1 bunch	1 bunch
Capers**	15g	23g	30g
Lemon**	½	1	1
Olive Oil*	1 ½ tbsps	2 ½ tbsps	3 tbsps
Chantenay Carrot**	225g	360g	450g
Butter** (7)	30g	40g	60g
Water for Gravy*	400ml	600ml	800ml
Chicken Stock Paste	20g	30g	40g
Sweetheart Cabbage**	½	¾	1
Garlic Clove**	1	2	2

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	919g	100g
Energy (kJ/kcal)	3939 / 941	429 / 102
Fat (g)	39	4
Sat. Fat (g)	18	2
Carbohydrate (g)	85	9
Sugars (g)	15	2
Protein (g)	61	7
Salt (g)	2.51	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

Contact

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Roast your Potatoes

Preheat your oven to 200°C. 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** of **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. When ready, drain in a colander and sprinkle on **half** the **flour**. Shake to fluff up the **potato**. Add the **potatoes** to the hot baking tray, turning in the **oil**. Season with **salt** then roast on the top shelf until golden for 45-50 mins, turning halfway through.



Make the Gravy

Pop a saucepan on a medium heat. Add **half** the **butter**, allow it to melt, then stir in the remaining **flour**. Cook until the **roux** is a medium-brown colour and gradually stir in the **water** (see ingredients for amount) and **chicken stock paste**. Bring to the boil, stirring. Lower the heat and simmer until the **gravy** has thickened to your liking, 10-15 mins.



Roast the Lamb

Put the **lamb** on a baking tray and season. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Roast the **lamb** on the middle shelf of your oven for **2P: 25-30 mins, 3P: 35-40 mins, 4P: 50-55 mins** for medium-rare. Add an extra 5 mins if you like your **lamb** more cooked. Wrap loosely in foil and rest for at least 10 mins before slicing. **IMPORTANT:** The **lamb** is cooked when browned on the outside.



Cook the Cabbage

Meanwhile, heat a frying pan over medium-high heat with the remaining **butter**. Once melted, add the **garlic** and cook, stirring, for 1 min. Add the **cabbage** and stir-fry for 2 mins. Season, then add a splash of **water** and a pinch of **lemon zest**. Mix well and cover with a lid and cook until tender, 3-4 mins. Once cooked, remove from the heat and squeeze in **half** the **lemon juice**.



Prep

Meanwhile, pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Roughly chop the **capers**. Zest and halve the **lemon**. Halve the **cabbage** lengthways, cut out and discard the tough core then finely slice widthways. Peel and grate the **garlic** (or use a garlic press). Trim and halve the **chantenay carrots** lengthways (no need to peel). Place the **carrots** onto another baking tray, drizzle with **oil** and season. Toss to coat then spread out in a single layer. Roast until golden and tender, 20-25 mins. Turn halfway through cooking.



Finish and Serve

Pop the **capers**, **mint**, **olive oil** (see ingredients for amount) and the remaining **lemon juice** in a small bowl. Season, mix well and set aside. Stir through the **roasted carrots** through the **cabbage**. Add the **lamb resting juices** to the **gravy**, bring back to the boil, and season to taste. Slice the **lamb** and divide between plates with the **potatoes**, **cabbage** and **carrots** alongside. Drizzle the **salsa verde** over the **lamb** and serve with the **gravy**.

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.