



ROAST LAMB RUMP

with Potato Purée, Sautéed Mushrooms & Spinach and Red Wine Jus



• SPECIALITY INGREDIENT •



HELLO MINT

Mint comes in over 30 varieties. The common garden mint is actually Spearmint.



Potatoes



Lamb Rump



Echalion Shallot



Garlic Clove



Mint



Flat Leaf Parsley



Shitake Mushrooms



Red Wine Stock Pot



Baby Spinach

MEAL BAG

35 mins

1.5 of your 5 a day

This delicious recipe from our new limited collection of premium Gastropub recipes is the perfect springtime recipe. Lamb rump, a cut of meat that comes from the back of the lamb, is lean, tender and full of flavour, making it the perfect thing to pair with the delicious flavours in this dish. Lamb rump is especially delicious when it is pan-fried whole, finished in the oven for a few minutes, then sliced to reveal its blushing pink centre. Served with creamy potato purée, sautéed mushrooms & spinach, and finished off with a red wine jus, this showstopping recipe will not disappoint.

13

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan (with Lid)**, **Sieve**, **Potato Masher**, **Small Frying Pan**, **Baking Tray**, some **Foil**, a **Fine Grater** (or **Garlic Press**), **Measuring Jug** and **Large Frying Pan**. Now, let's get cooking!



1 COOK THE POTATOES

Preheat your oven to 200°C and bring a saucepan of water with a pinch of salt to the boil. Peel the **potatoes** and chop into 2cm chunks. Add to the pan of boiling **water** and cook until you can easily slip a knife through, 15-20 mins. Drain in a sieve and return to the pan (off the heat). Add a knob of **butter** and a splash of **milk** (if you have some) and mash with a potato masher until really smooth. Cover with a lid and set aside.



4 FRY THE SHITAKES

While the **sauce** reduces, heat a drizzle of **oil** in another large frying pan on medium-high heat. When hot, add the **shallot** and **shitakes** and fry until golden, 2-3 mins. Stir in the **garlic** and cook, 1 min. Stir in the **spinach** a handful at a time to wilt then remove the pan from the heat.



2 ROAST THE LAMB

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat. Season the **lamb** all over with **salt** and **pepper**. When hot, add the **lamb** (skin-side down) to the pan. Fry until golden all over, turning occasionally, 4-5 mins. Transfer to a baking tray (keep the pan!). Roast for 2P/4P: 12-15 mins, 3P: 15-18 mins (for medium-rare). Cook for 5-10 mins more for well done. When cooked, cover loosely with foil, set aside and allow to rest.

! IMPORTANT: The lamb is cooked when it is no longer pink in the middle.



5 FINISH UP

Once the **lamb** has rested for a few minutes, gently reheat anything that needs it over a low heat and get ready to serve! Stir **half** the **herbs** through the **mushrooms** and **spinach** and the remainder through the **sauce**. Season everything to taste with **salt** and **pepper** if needed.



3 MAKE THE SAUCE

Halve, peel and finely chop the **shallot**. Peel and grate the **garlic** (or use a garlic press). Pick the **mint leaves** from their stalks and finely chop (discard the stalks). Finely chop the **parsley** (stalks and all). Roughly tear the **shitakes**. Return the now empty frying pan to medium-high heat. Stir in the **stock pot** and **water** (see ingredients for amount), boil then lower the heat and simmer until glossy, 4-5 mins.



6 SERVE

To serve, spread a small amount of **potato purée** on your plates. Carve the **lamb** (stir any **resting juices** into the sauce) and sit it on top of the **purée**. Arrange the **mushrooms** and **spinach** all around then drizzle over the **red wine sauce**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Lamb Rump *	1 small	1 large	2 small
Echalion Shallot *	1	2	2
Garlic Clove *	1	1	2
Mint *	1 bunch	1 bunch	1 bunch
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Shitake Mushrooms *	1 punnet	1½ punnets	2 punnets
Red Wine Stock Pot 14)	½ pot	¾	1
Water*	150ml	225ml	300ml
Baby Spinach *	1 small bag	¾ large bag	1 large bag

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 502G	PER 100G
Energy (kJ/kcal)	2324 / 556	463 / 111
Fat (g)	20	4
Sat. Fat (g)	9	2
Carbohydrate (g)	50	10
Sugars (g)	6	1
Protein (g)	46	9
Salt (g)	1.41	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

14) Sulphites

PAIR THIS MEAL WITH

A full bodied red like a Bordeaux.

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.

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