



# Roast Lamb, Salsa Verde and Roasties

with Roasted Chantenay Carrots and Lemony Savoy Cabbage

Nº 20

**SPRING SPECIAL** Hands on Time: 60 Minutes • Total Time: 90 Minutes • 2.5 of your 5 aday



Potatoes



Plain Flour



Lamb  
Roasting Joint



Chantenay Carrot



Mint



Capers



Lemon



Butter



Chicken  
Stock Powder



Sliced Savoy Cabbage



Garlic Clove

## Before you start

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

### Basic cooking tools you will need:

Two Baking Trays, Large Saucepan, Colander, Saucepan, Measuring Jug, Fine Grater (or Garlic Press) and Frying Pan.

### Ingredients

	2P	3P	4P
Potatoes**	900g	1.15kg	1.40kg
Plain Flour <b>13)</b>	24g	36g	48g
Lamb Roasting Joint**	450g	675g	900g
Chantenay Carrot**	1 pack	1½ packs	2 packs
Mint**	1 bunch	1 bunch	1 bunch
Capers	1 small pot	¾ large pot	1 large pot
Lemon**	1	1½	2
Olive Oil*	1½ tbsps	2½ tbsps	3 tbsps
Butter <b>7)</b> **	30g	45g	60g
Water for the Gravy*	400ml	600ml	800ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Sliced Savoy Cabbage**	1 bag	2 bags	2 bags
Garlic Clove**	1 clove	2 cloves	2 cloves

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	981g	100g
Energy (kJ/kcal)	3876/927	395/95
Fat (g)	33	3
Sat. Fat (g)	17	2
Carbohydrate (g)	102	10
Sugars (g)	14	2
Protein (g)	60	6
Salt (g)	2.26	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 7) Milk **13)** Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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

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## 1. Roast 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 ½ tsp **salt**. Peel the **potatoes**, chop them into 4cm chunks. 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. Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on **half the flour**. Give your pan a shake to fluff up the **potato**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season with **salt** and **pepper**. Roast the **potatoes** on the top shelf of your oven until golden for 45-50 mins, turning halfway through.



## 4. Gravy Time

Pop a saucepan on a medium heat and add **half the butter**, allow it to melt, then stir in the remaining **flour**. You've made a **roux**! Cook until the **roux** is a medium-brown colour and gradually stir in the **water** (see ingredients for amount) and **chicken stock powder**. Bring to the boil, stirring out any lumps that form. Lower the heat and simmer until the **gravy** has thickened to your liking, 10-12 mins.



## 2. Roast Lamb Time

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 brown.** Meanwhile, trim and halve the **chantenay carrots** lengthways (no need to peel). Place onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out in a single layer. Roast until golden and tender, 20-25 mins. Turn halfway through cooking.



## 5. Cabbage Time!

Meanwhile, peel and grate the **garlic** (or use a garlic press). Heat a frying pan over medium-high heat with the remaining **butter**. Once melted, add the **garlic** and cook, stirring for 1 minute, then add the **cabbage** and stir-fry for 2 mins. Season with **salt** and **pepper**, add a splash of **water** and a pinch of **lemon zest**, mix well and cover with a lid (or some foil) and cook until just tender, 3-4 mins. Once cooked, remove from the heat then squeeze some **lemon juice** in and stir through the **roasted carrots**.



## 3. Salsa Verde Time

Meanwhile, pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Roughly chop the **capers**. Zest and halve the **lemon**. Pop the **capers**, **mint**, **olive oil** (see ingredients for amounts) and **half the lemon juice** in a small bowl. Season with **salt** and **pepper**, mix well and set aside.



## 6. Serve!

Reheat the **gravy** if needed, adding any **resting juices** from the **lamb** and season with **salt** and **pepper** to taste. Slice the **lamb** and divide between plates. Divide the **potatoes** and **cabbage** with **carrots** between the plates. 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.