

Roast Lamb, Salsa Verde and Roasties



with Roasted Chantenay Carrots and Lemony Savoy Cabbage

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



Lemon





Chicken Stock Powder



Sliced Savoy Cabbage



Garlic Clove

Before you start

Our fruit, veggies and herbs need a wash before vou 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 13)	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 tbsp	2½ tbsp	3 tbsp
Butter 7) **	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

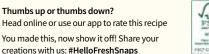
7) Milk 13) Gluten

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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Packed in the UK



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. Gravv 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.



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.



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.



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.

Missina Inaredients:

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