

Roasted Loin of Lamb & Slow Roasted Tomatoes



with Pickled Courgette, Crushed Potatoes & Mint Salsa Verde

PREMIUM 50 Minutes • 2 of your 5 a day







Rosemary



Garlic Clove







Salad Potatoes





Flat Leaf Parsley







Cider Vinegar





Dijon Mustard

Before you start

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

Basic cooking tools you will need:

Mixing Bowl, Large Saucepan, Vegetable Peeler, Baking Tray, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Lamb Loin**	2	3	4
Rosemary**	½ bunch	¾ bunch	1 bunch
Garlic Clove**	2	3	4
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Courgette**	1	2	2
Flat Leaf Parsley**	½ bunch	¾ bunch	1 bunch
Mint**	1 bunch	1 bunch	1 bunch
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil for the Courgettes*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Courgettes*	1 tsp	1½ tsp	2 tsp
Capers	1 small pot	¾ large pot	1 large pot
Dijon Mustard 9)	½ sachet	¾ sachet	1 sachet
Olive Oil for the Salsa Verde*	2 tbsp	3 tbsp	4 tbsp
Water for the Salsa Verde*	1 tbsp	1½ tbsp	2 tbsp
*Note of the first of the Fide.			

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	628g	100g
Energy (kJ/kcal)	1904 /455	303 /73
Fat (g)	17	3
Sat. Fat (g)	6	1
Carbohydrate (g)	40	6
Sugars (g)	11	2
Protein (g)	38	6
Salt (g)	0.54	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

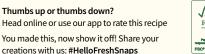
Allergens

9) Mustard 14) Sulphites

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.

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1. Marinate the Lamb

Preheat your oven to 150°C. Put the lamb loins in a large bowl with a good drizzle of **olive oil**, rosemary (keep the sprigs whole) and the garlic cloves (keep the skins on). Season with salt and pepper. Use your hands to coat the lamb then set aside. IMPORTANT: Remember to wash your hands after handling raw meat!



2. Prep

Bring a large saucepan of water to the boil with 1/4 tsp of salt for the potatoes. Halve the baby plum tomatoes. Chop the potatoes into 2cm chunks (no need to peel). Trim the courgette. Use a vegetable peeler to peel long ribbons from all sides of the length of the courgette. Stop when you get to the spongy centre (discard the centre). Finely chop the **parsley** (stalks and all). Pick the **mint** leaves from their stalks (discard the stalks).



3. Roast the Tomatoes

Pop the tomatoes on a baking tray and drizzle with oil. Season with salt and pepper, toss to coat then spread out and roast on the middle shelf of your oven until soft and sticky, 18-20 mins. When done, remove from the oven and set to one side. Meanwhile, add the **potatoes** to the boiling water and cook until just tender, 12-15 mins, then drain well in a colander and set aside.



4. Courgette Pickle

Meanwhile, in a large bowl, toss the courgettes, vinegar, olive oil and sugar (see ingredients for both amounts) with a pinch of salt and pepper. Blitz the mint, capers, mustard, olive oil and water (see ingredients for both amounts) with a stick blender until smooth. Season to taste with salt, pepper and a pinch of sugar. Set aside. **TIP:** If you don't have a blender, chop the ingredients as finely as you can and combine in a bowl.



5. Roast the Lamb

Put a large frying pan on high heat (no oil). Turn the oven up to 200°C (once the tomatoes are out). When the pan is hot, brown the **lamb** all over, 2-3 mins (leave the rosemary and garlic in the bowl). Transfer to a baking tray and top with the rosemary and garlic. Roast on the top shelf of your oven, 9-10 mins. When done, leave to rest on a board and return the **tomatoes** to the oven to reheat. IMPORTANT: The lamb is safe to eat when the outside is cooked. Return the frying pan to medium heat with a glug of oil (and some butter if you have any).



6. Finish the Potatoes

Add the **potatoes** to the pan and crush them lightly with a fork. Fry, turning occasionally, until golden, 8-10 mins. Pop the roasted garlic from their skins, mash with a fork and stir into the **potatoes**, along with half the parsley, for the final 2 mins. Arrange the **potatoes** and **tomatoes** on your plate with dots of salsa verde in between. Halve each piece of lamb and sit on a bed of courgette ribbons. Finish with the remaining parsley. **Eniov!**

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