



Roasted Loin of Lamb & Slow Roasted Tomatoes

with Pickled Courgette, Crushed Potatoes & Mint Salsa Verde

N° 19

PREMIUM 50 Minutes • 2 of your 5 a day



Lamb Loin



Rosemary



Garlic Clove



Baby Plum Tomatoes



Salad Potatoes



Courgette



Flat Leaf Parsley



Mint



Cider Vinegar



Capers



Dijon Mustard

Before you start

Our fruit, veggies and herbs need a wash before you 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

*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.

Contact

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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!



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.



2. Prep

Bring a large saucepan of **water** to the boil with ¼ 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).



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).



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.



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**.

Enjoy!