



Nº 19

Dukkah-Crusted Lamb Loin

with Sweet Potato Puree, Charred Chermoula Cauli and Aubergine & Dill Salsa

PREMIUM 40 Minutes • Medium Heat • 3 of your 5 a day



Aubergine



Sweet Potato



Cauliflower



Dill



Butter



Red Wine Vinegar



Ground Cumin



Lamb Loin



Super Dukkah Mix



Chermoula Spice

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Colander, Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Sweet Potato**	1	2	2
Cauliflower**	1	1	2
Dill**	1 bunch	1 bunch	1 bunch
Butter 7)**	30g	60g	60g
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil for the Salsa*	2 tbsp	3 tbsp	4 tbsp
Ground Cumin	1 small pot	¾ large pot	1 large pot
Lamb Loin**	2	3	4
Super Dukkah Mix 1) 2) 3) 10)	1 pot	1½ pots	2 pots
Chermoula Spice	1 small pot	1 large pot	1 large pot

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	750g	100g
Energy (kJ/kcal)	2975 /711	397 /95
Fat (g)	40	5
Sat. Fat (g)	16	2
Carbohydrate (g)	45	6
Sugars (g)	19	3
Protein (g)	41	6
Salt (g)	0.78	0.10

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 2) Nut 3) Sesame 7) Milk 10) Celery 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.

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. Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Peel the **sweet potato** and chop into 3cm chunks. Separate the **cauliflower** into florets then slice each **cauliflower floret** into 3 or 4 slices. Finely chop the **dill** (stalks and all).



4. Lamb Time

While everything else cooks, heat a drizzle of **oil** in a frying pan over a high heat. Pop the **lamb loins** onto a plate, drizzle with **oil** and season with **salt** and **pepper**. Use your hands to coat the meat.

IMPORTANT: Wash your hands after handling raw meat. When the pan is hot, brown the **lamb** all over for 2-3 mins total, then transfer to a baking tray fat side up. Divide the **dukkah** between the tops of the **lamb** and roast on the middle shelf for 9-10 mins. **TIP:** This will result in medium rare lamb, cook for 2-3 mins longer if you want it more well done.

IMPORTANT: The lamb is safe to eat when the outside is brown.

2. Potato Time!

Add the **sweet potatoes** to the boiling **water** and simmer until tender, 15-18 mins. Once cooked, drain in a colander and leave to steam for 2-3 mins. Then return to the pan, off the heat. Add the **butter** and using a stick blender, whizz to a smooth, well blended puree. Season to taste with **salt** and **pepper**. Cover with a lid, we will reheat it later.

TIP: If you don't have a stick blender, you can use a normal blender or a potato masher.



5. Fry the Cauli

Pop your pan back on medium high heat, add a drizzle of **oil** if the pan is dry. Add the **cauliflower** and sprinkle over the **chermoula** (add less if you don't like heat). Season with **salt** and **pepper** and fry until golden and tender, 6-8 mins. Stir every 2-3 mins. **TIP:** You want them to pick up some colour so don't stir too often. Remove from the heat.

3. Roast the Aubergine

Meanwhile, pop the **dill** in a medium bowl and add the **red wine vinegar** and **olive oil** (see ingredient list for amount). Season with **salt** and **pepper**, set aside. Pop the **aubergine** on a baking tray and drizzle with **oil**. Season with **salt** and **pepper** and sprinkle over the **ground cumin**. Roast on the middle shelf of your oven until browned and tender, 25-30 mins. Turn halfway through.



6. Finish and Serve

When the **lamb** is ready, remove from the oven and cover with foil until ready to serve. Reheat the **sweet potato puree** on medium heat if necessary. Add the **roasted aubergine** to the **dill dressing** and stir together. Slice each **lamb** into 5 pieces. Spoon one large dollop of **puree** onto each plate and use the back of your spoon to drag it out in a line. Serve the **lamb** alongside and dot the **charred cauli** and **aubergine salsa** around the plate.

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.