



GARLIC-OREGANO LAMB

with Roast Potato & Balsamic Veggies



Add balsamic vinegar to
veggies



Potato



Roma Tomato



Green Beans



Garlic



Oregano



Lamb Leg



Lemon



Garlic Aioli

Pantry Staples: Olive Oil, Balsamic Vinegar

Hands-on: **35 mins**
Ready in: **45 mins**

Lamb leg steaks are highly underrated in our opinion – they’re a beautiful alternative to regular beef steaks. Simple roast veggies are one of our favourite sides to have with them (with a little aromatic kick of balsamic vinegar, of course).

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, oven tray** lined with **baking paper, two medium bowls, small bowl, medium frying pan, tongs** and a **spoon**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Chop the **potato** (unpeeled) into 2 cm chunks. Peel and crush the **garlic**. Pick and finely chop the **oregano** leaves. Dice the **Roma tomato**. Trim the ends of the **green beans**. Slice the **lemon** into wedges.



2 ROAST THE POTATO

Place the **potato** onto the oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat and place in the oven to cook for **25-30 minutes**, or until golden and tender.



3 MARINATE THE LAMB

While the potato is cooking, combine the crushed **garlic** and the **oregano** in a medium bowl with a **drizzle** of **olive oil**. Add the **lamb leg** steaks and rub to coat in the **garlic-oregano oil**. Season with a **pinch** of **salt** and **pepper** and set aside to marinate.



4 ROAST THE VEGGIES

Place the **tomato, green beans, balsamic vinegar** and a **good drizzle** of **olive oil** in a medium bowl. Season with a **pinch** of **salt** and **pepper** and toss to coat. In the **last 15 minutes** of potato cooking time, transfer the vegetables to the tray with the potato and cook until the tomato is blistered and the potato is easily pierced with a knife.



5 COOK THE LAMB

Heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Once hot, add the **lamb leg** and cook for **2 minutes** on each side (depending on thickness), or until cooked to your liking. **TIP:** *This will give you a medium steak, but cook for a little less if you like it rare or a little longer for well done.* Transfer to a plate and cover with aluminium foil to rest for **5 minutes**. Thinly slice.



6 SERVE UP

Divide the garlic-oregano lamb and balsamic veggies between plates. Squeeze over the juice from the lemon wedges and dollop with the **garlic aioli**. **TIP:** *Add as much or as little lemon juice as you like depending on your taste preference.*

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	400 g	800 g
garlic	1 clove	2 cloves
oregano	1 bunch	1 bunch
Roma tomato	2	4
green beans	1 bag	1 bag
lemon	1	2
lamb leg	1 packet	1 packet
balsamic vinegar*	1 tbs	2 tbs
garlic aioli	1 tub (50 g)	2 tubs (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2610kJ (624Cal)	423kJ (101Cal)
Protein (g)	41.1g	6.6g
Fat, total (g)	34.3g	5.6g
- saturated (g)	7.2g	1.2g
Carbohydrate (g)	33.8g	5.5g
- sugars (g)	6.4g	1.0g
Sodium (g)	277mg	45mg

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2017 | WK45

