



Herb Crusted Roast Lamb and Red Wine Jus with Roast Potatoes and Butter Glazed Carrots & Peas

33

Roast 60 Minutes • 1 of your 5 a day



Lamb Roasting Joint



Potatoes



Mint



Garlic Clove



Panko Breadcrumbs



Dried Oregano



Dijon Mustard



Unsalted Butter



Chantenay Carrots



Peas



Red Wine Jus Paste

Pantry Items

Oil, Water, Plain Flour, Sugar

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, garlic press, bowl, colander, aluminium foil, frying pan and lid.

Ingredients

	2P	3P	4P
Lamb Roasting Joint**	450g	675g	900g
Potatoes**	450g	700g	900g
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Panko Breadcrumbs 13	25g	38g	50g
Dried Oregano	1 sachet	1 sachet	2 sachets
Oil for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Dijon Mustard** 9) 14)	15g	15g	30g
Unsalted Butter** 7)	20g	30g	40g
Water for the Veg*	50ml	75ml	100ml
Sugar for the Veg*	½ tsp	½ tsp	1 tsp
Chantenay Carrots**	150g	225g	300g
Peas**	120g	180g	240g
Water for the Jus*	300ml	450ml	600ml
Red Wine Jus Paste 10) 14)	30g	44g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	650g	100g
Energy (kJ/kcal)	3391 / 811	522 / 125
Fat (g)	33	5
Sat. Fat (g)	14	2
Carbohydrate (g)	73	11
Sugars (g)	14	2
Protein (g)	59	9
Salt (g)	2.33	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 10) Celery 13) Gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

 You can recycle me!



Boil the Potatoes

Preheat the oven to 200°C. Remove the **lamb** from the fridge to allow it to come up to room temperature. Pour enough **oil** into a deep baking tray to cover the bottom and pop in the oven. Bring a large saucepan of **water** with ½ **tsp salt** to the boil. Peel and chop the **potatoes** into 4cm chunks. Boil the **potatoes** for 7-8 mins or until the edges are soft.



Roast the Lamb

While the **potatoes** roast, carefully remove the **lamb** from the netting (discard the netting) and place onto a baking tray. Season the **lamb** with **salt** and **pepper**, then spread the **Dijon mustard** over the top. Press the **herby breadcrumbs** over the **mustard**. **TIP: Don't worry if any crumb falls off.** **IMPORTANT: Wash your hands and equipment after handling raw meat.** Roast the **lamb** on the middle shelf for **2P/4P: 25-30 3P: 35-40** mins for medium-rare. Add an extra 5 mins if you like your **lamb** more well done. Wrap loosely in foil and rest for at least 10 mins before slicing. **IMPORTANT: The lamb is cooked when browned on the outside.**



Make the Herby Crumb

Meanwhile, pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Peel and grate the **garlic** (or use a garlic press). Pop the **garlic, mint, panko breadcrumbs, dried oregano** and **oil for the breadcrumbs** (see ingredients for amount) into a medium bowl. Season well with **salt** and **pepper**, then mix together and set aside.



Cook the Veg

About 15 mins before serving, pop a large frying pan on medium-high heat. Add the **butter, water** and **sugar for the veg** (see ingredients for both amounts) and stir to combine. Trim and halve any large **carrots** lengthways, then add them to the pan. Bring to a boil, cover with a lid or foil, then lower the heat and simmer until tender, 10-12 mins. Remove the lid, then add the **peas** and cook for 3-4 mins, stirring occasionally or until the **liquid** has evaporated and the **veg** is glazed and piping hot. Season to taste, then remove from the heat.



Roast the Potatoes

Once the **potatoes** are ready, drain in a colander and sprinkle on the **flour** (see ingredients for amount). Shake to fluff up the **potatoes**, then carefully add them to the hot baking tray, turning in the **oil**. Season with **salt**, then roast on the top shelf until golden for 45-50 mins. Turn halfway through.



Finish and Serve

While the **veg** cooks, pop the (now empty) **potato** pan on medium-high heat. Pour in the **water for the jus** (see ingredients for amount). Bring to the boil, then stir in the **red wine jus paste**. Reduce the heat slightly, then bubble away until the **sauce** has reduced by half, 7-8 mins. Once glossy and thickened, remove from the heat. When everything is ready, thinly slice the **lamb** and serve on your plates with the **potatoes** and **veg** alongside. Spoon over the **red wine jus** to finish.

Enjoy!